

Healthy Feet - Happy Feet!

August 1, 2021

Pretty, healthy feet.

It's summer. Time to go barefoot and wear your skimpiest sandals. If you are like a majority of people and have issues with the attractiveness of your feet, we can help. A good pedicure and its results can do wonders for your confidence. And pedicures, while helping with the look of your feet, are not just about the pretty. Yes, your skin will be hydrated and smoother, your nails will be clipped and painted a pretty color, but pedicures offer more than that. Routine pedicures are for keeping your feet healthy. The following are some of the reasons why.

Pedicures increase blood circulation to your lower legs and feet. That action starts with the initial soak and continues through the exfoliant process and massage that occurs with the application of a scrub. Increased circulation reduces swelling that can naturally happen from either too much time sitting at a desk or the opposite, standing on your feet all day. Taking down the swelling and also the physical manipulation of the skin and muscles can release pain. Not only can increased circulation reduce pain but it can aid in maintaining good joint health and therefore help to prevent future pain. The increased circulation that we have been talking about has been blood circulation and it is also worth noting that the circulation of the lymphatic fluid benefits from a pedicure as well. The lymph nodes help to clear toxins from our bodies.

Another major benefit of routine pedicures has to do with skin health. The moisturizing you receive with a pedicure helps to keep your skin smooth, soft and hydrated. When the skin is cracked there is more opportunity for bacteria to take root and cause infections. Gentle filing to keep calluses from getting out of control also prevents infections and/or pain as well. Removing dead skin cells can help to prevent the development of bunions and corns.

Other infections can take hold when your nails are not properly maintained. Improper clipping or not cleaning the nails can lead to ingrown toenails and possible infection and pain. Once again, that increased blood circulation helps for nail health as well.

The above are all reasons to consider routine pedicures for healthy, pretty feet. At Body Mind Spirit we want your pedicure to offer even more. So, of course the product choices we use in pedicures are as natural, non-toxic and organic as possible. All our

scrubs (with the exception of the fragrance-free) are made with natural essential oils that address body, mind and spirit. The scrubs we make, have the additional element of flower essences and gem elixirs to really add to the spirit of your experience. We also offer a Rose Glow salt scrub featuring CBD. The CBD is another ingredient which is anti-inflammatory, stress-reducing and pain relieving.

Take some time for self-care with a soothing, relaxing pedicure with us. Your feet will not only be happier and prettier, you will feel pampered, relaxed and more confident to show off your favorite sandals.

"A great pedicure can be as soothing to the soul as . . . well, to the sole!" - Jan

"You know it's time for a pedicure when you can exfoliate one foot with the other." - theSalonbusiness.com

"They lied to you. . . money does buy happiness, it's called a pedicure appointment."

"Beauty isn't about having a pretty face. It's about having a pretty mind, a pretty heart, and a pretty soul. Oh, and pretty toenails!"

"Pedicure noun - treating the female feet like the godly things they are."