

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Pretty Feet For Women

By Kadence Buchanan

Whether it is summer or winter time, you should take out some time from your busy routine to take care of your feet that have been carrying your load all these years everywhere you wanted to go. Thus, if you are interested in getting instant results, try the steps that follow and you will not have to hide your feet under the covers every night. Feet should be one more part of your body you should be proud of and they should be flaunted and shown off. If professional pedicure in a nail salon is out of your budget you should know that you can treat your feet inside the comfort of your own home.

First you have to prepare your feet for the treatment you are about to give them. Fill your bathtub or a bucket with warm water and your favorite foam bath and soak your feet in there for at least 15–20 minutes. You can also add some bath salts or the desired amount of foot soak into the water and let them dissolve and nourish your tired lower body parts. Instead of bath salts you can try your kitchen's salt; it also works miracles.

After taking each foot out of the water, you should use a towel to dry them very well and then move on to clean and trim your nails. Remember to remove any nail polish from your toes.

Upon completing the nails cleaning process, soak your feet again in the warm water and begin removing the dead skin cells by gently scrubbing calluses and heels with a pumice stone. If you wish to attain soften and touchable feet, this is a very important part of the home-made process. Exfoliating your feet, results in having soft feet.

When the softening step is over, remove again your feet from the water and dry them with a clean and dry towel. Massage each feet with a foot lotion that can sooth and smoothen your feet and apply the lotion to the whole foot, from top to bottom, toes to ankle. End this massage experience with light strokes going from your toes to your ankles.

Now it is time to trim your toenails. Remember that you should always cut them in a square shape, which will prevent problems of ingrown nails. Using an orange stick or a cuticle stick gently push back cuticles. Do not attempt to cut your cuticles or rub them away, as they are necessary for keeping bacteria away from your inner skin. Doing this step right, will allow you to paint the entire nail by

guiding the supple cuticle out of the way.

Then it is time to let the artist inside you take over. Pick the nail polish shade of your choice and apply the first coat slowly. The last coat should be applied once the previous coat is completely dry.

Finally, after letting your nails dry for at least half an hour, rub a dab of olive oil into your cuticles and nail beds in order to moisturize them.

Indulge yourself in a home pedicure that resembles that of a professional spa. Pay attention to the atmosphere you create and experience in the comfort of your own home a pedicure that could only be offered in a salon. Listen to some relaxing music and enjoy the process. After all, you will end up with prettier feet than before and you will be able to wear all those cute, trendy and colorful nail polish shades you wanted to try for some time.

Kadence Buchanan writes articles for

<http://letstalkaboutbeauty.com/>

– In addition, Kadence also writes

articles for

<http://ecookingcentral.com/>

and

<http://iwomensworld.net/>

Active Women's Footwear

By Dana Bradley

Shoes have basically just one purpose – protection. Protecting your beautiful feet from cold, heat and other elements. Fundamentally footwear was developed centuries ago to keep man's feet from harm and injury. This basic purpose has been put in the shade long before when it comes to women's shoes. It all flies out the window in the goodwill of fashion. Active women's foot wear have changed their face long time back!

It is better to cancel all that talk about protecting your feet when it comes to women's shoes. It is because a female's shoe goes way above and beyond the offering just for protection of her very special feet. They serve a much superior purpose that can only possibly be truly understood by the fairer of the species. Shoe designers just love women, and not surprisingly they love designing women's shoes. They know – like you and I – that almost all the women love shoes. We oomph about the latest styles in shoes but it might be possible that they are not practical at times.

Pretty Feet For Women

While women's shoes come in all styles, shapes, and colors and they seem to have affection for all of them, therefore it never fails, when a new pair of shoes comes up, it has to be on her shelf. You never know about what a woman may think about her shoes. At times a strap laden sandal is out of place, or too dressy for her to carry. If it is an early dinner, unprepared company meeting, or a memorial service, usually a low heeled, comfortable black pump is vital for every woman's shoe collection.

Even with flexible black pumps, they simply will not go with everything for these ladies. They will want a shoe that can go great with jeans as well as trousers, but not so casual even that they couldn't wear nicer slacks with it!

Are you also one of them looking for not too strappy shoes, neither too clunky - then its time you browse through the shelves this season which are packed with the latest styles and cool stuff. This season you can just check in the stores for the cutest pairs of active women foot wear that may be causal or professional on their looks. Bargain the best price for your favorite pair of shoes.

The top choices in active women's active foot wear feature footwear from the top designers and brands; the latest trends and styles; and shoes for all occasions. From pumps and shoes, to sneakers and athletic shoes or active shoes, just compare the prices and shop for women's shoes with the help from this shoe site.

Dana Bradley writes about

<http://www.onlineshoesdepot.com/Coupons/Zappos.com.html>,Footlocker

coupon codes and

<http://www.onlineshoesdepot.com>

.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!