



Groom your feet for flip-flops

The Society of Chiropodists' Mr Ahmed points out how to leave your trotters smelling less like rendered horsemeat.

1. Avoid synthetic socks
2. Dry your feet thoroughly after showers
3. Cut your toe nails regularly
4. Or, if you have an aesthetically abhorrent, African elephant style build up of dead skin around your heels, you'll require a 'medical pedicure', costing around £50. Dead skin is hacked off, and then your toes are sandblasted. A bit like Jim Carrey's feet in Dumb and Dumber.
Visit feet4lifeuk.com for more foot-focused info.

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