

CITY A.M.

Four City A.M. girls go in search of London's best pedicure

CITY A.M. Thursday 26th July 2007

THE TREATMENT: THE MEDICAL PEDICURE AT FEET FOR LIFE,
WWW.FEET4LIFEUK.COM

THE EXPERIENCE: My feet are in need of some serious work- we are talking blisters, calluses and cracked heels- so no namby-pamby pedicure is going to make much difference. Enter the medical pedicure. Podiatrist Junaid Ahmed (Known as Jay) wins me over by telling me there is nothing much wrong with my feet.

Niceties over, he gets to work...with his scalpel. As Jay delicately and painlessly slices away all the dry, cracked skin from my feet, I lie back in the comfy chair and relax as he tells me about some of his more famous customers.

After the scalpel action, Jay goes to work on my toenails, to buff and shine them back to their natural state. He then sands the skin from my feet and this is followed by a relaxing foot massage.

THE RESULTS: Forty-five minutes later, my heels were no longer cracked, the hard skin was gone and yes, my nails were back to their natural state- only better

THE VERDICT: Put simply, I didn't realise my feet could look or feel this good and a week later they're still going strong!

Ainsley Thomson