

pedicure precautions

Who doesn't love a pedicure? Relaxing into a massaging chair while a pro buffs, shapes and paints your toenails into perfection is many women's idea of an ideal activity. But if you're not careful, that blissful splurge could lead to a painful infection or funky fungus. Keep these tips in mind next time you stop by your favorite salon.

1

Avoid shaving your legs the day of a pedicure – any small nick or irritation could allow bacteria to enter your body.

2

Make sure your salon uses proper sterilization techniques. You may want to consider bringing your own pedicure tools.

3

Don't allow salons to use a foot razor to remove dead skin – it can lead to damage or infection. Instead, use a pumice stone, foot file or exfoliating scrub to eliminate dead skin and smooth calluses.

4

If your nails are thick or discolored, don't cover it up with nail polish – instead see a doctor as this could be a sign of a fungal infection.

Source: American Podiatric Medical Association