



Perfect Feet: Caring and Pampering

Stuart Mogul, Jacqueline deMontravel, Jacqueline deMontravel, Ericka McConnell

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Just in time for barefoot season, Perfect Feet is the one book that offers the combined knowledge of a podiatrist and a beauty expert to help everyone achieve gorgeous, healthy, feel-good feet. Our feet work hard for us every day, but we only notice them when they hurt, when summer sandal season comes along, or when the latest fashion in shoes leaves them overexposed and under-supported. Right now, feet are the trendy focus of the beauty and fashion industries. Magazine layouts lavish attention on beautiful, almost bare feet embraced by sensational, stylish, pointy- or open-toed, sling-backed, strappy, high-heeled shoes. Feet may be fashion's victims, but there's hope. This easy-to-use guide presents everything we need to know to treat our feet right. Perfect Feet includes: home remedies for many common foot problems as well as ways to avoid them in future; basic information about surgical procedures and how to decide if one is needed; instructions for a simple home pedicure and several recipes for creating soothing foot soaks for weary feet; a guide to choosing properly fitting, non-crippling footwear. Everyone deserves Perfect Feet. With this new book, anyone can have them.

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