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To Be You

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# Happier feet

With these quick solutions to common hoof issues, you'll be Havaianas-ready in no time

By Liana Schaffner



Paint the toe red

## Pedi problem

### An ingrown toenail

"Tight shoes can compress your toes, forcing the flesh into the nail," says manicurist Jerry Salazar. Another culprit: nails that are too short and curved in at the corners can dig into the skin, she says.



## Fast fix

Soak your feet in warm water three times a day to help reduce inflammation. If the pain and swelling don't subside within 48 hours, see a podiatrist, who will surgically excise the nail. In future, cut your nails straight across and just beyond the tips of your toes (use clippers, like **Revlon What A Catch nail clipper with catcher**, \$9.95). Oh, and wear roomier shoes!

### Yellow nails

If they're yellow, thick and flaky, you may have a fungal infection, says sports podiatrist Dr. Lari Wiesenfeld. Otherwise, yellowing is probably just a stain caused by chemicals in your nail polish.



Let a GP or podiatrist diagnose the condition before you attempt to treat it. If it's a fungal infection, a series of laser treatments or oral medication will eliminate it. Keep it at bay in future by drying your feet thoroughly and sprinkling an absorbent powder into your shoes. \* If the yellowing is caused by nail polish, try one that contains less harsh chemicals, such as **endoto spa Nail Paint in Cheltenham**, \$20.

### A bruised nail (or a missing one)

High-impact activities like dancing and running can make your toes bang into the front of your shoe, causing a blood blister to form under the nail. Duct



Camouflage the bruise by applying nail polish in one of this season's dark purple or khaki shades (try **Max Factor Glossflirty in Noisette**, \$11.95). If most of the nail has become detached because of the damage, it's going to fall off, says Dr. Wiesenfeld. While you wait for a new one to grow in, gently clip the loose nail to prevent snagging and infection.

### Calluses

Walking barefoot or in stilettos can produce tough, leathery patches on your soles - this is your body's way of protecting stressed skin. But if filing and moisturizing doesn't soften the calluses within three weeks, you may have athlete's foot, which can cause thickening and cracking of the heels, says Dr. Wiesenfeld.



Gently use a callus file in the shower (try **Tweezerman Pedro Callus Stone**, \$44.95), briskly filing with medium pressure once a day - and no more! "Aggressive filing can actually make the callus thicker," says Dr. Wiesenfeld. Follow with a heavy-duty moisturizer that contains lactic acid or urea to slough off dry skin (try **GV Feet Heel Balm**, \$10.95). If athlete's foot is the culprit, an OTC antifungal cream should zap it. Dr. Wiesenfeld suggests applying it every day for a month.

### Hairy toes

Fuzzy toes are hereditary, says waxer Jennifer Paschall. Thanks, Mum!



Whisk away strays with wax designed for sensitive areas (such as **Nair Pretty Mini Wax Strips Apple**, \$8.99), so they won't irritate the thin, dry skin on your toes. For a more permanent solution, try laser hair removal.