

# BEAUTY HEALTH & FITNESS sole survival

bone deformities around the joint of the big toe and are often the result of heredity or too-tight shoes, and hammertoes—a demoralizing (in my case) and clawlike curving of the toes—are the stubborn exceptions, and may require surgery.

respectively. Even stained and discolored toenails—often the result of dark polish left to languish past its prime—are now treatable with mild bleaching agents (like Sally Hansen's Insta-Brite Nail Whitener) and CO<sub>2</sub> lasers (favored by Levine).

Performance Lab at the University of Calgary, Alberta, Adidas's innovation team evaluates everything from pressure points to gender-based physiology. The Epesi, a new lightweight, low-impact running shoe from the company's Stella McCartney Collection, uses a network of strategically placed ergonomic laces to increase support and decrease stress. (The fact that it's stylish enough to wear on the weekend doesn't hurt, either.) Nike hosts elite athletes like Maria Sharapova at their labs in Beaverton, Oregon, where they use pressure-sensitive scanners, high-speed cameras, and climate chambers to develop shoes specific to the needs of female athletes. And the Walking Company will perform a digital scan of your foot type, arch height, and rolling and pressure points at any of their 190 locations to determine the perfect shoe (and insole).

All this talk of feet has made my own set tired, so I make a beeline for Angel Feet, the tiny West Village reflexology spa where a loyal clientele of fashion editors and models go for regular relief. Recommended by some podiatrists for its ability to relax the muscles of the foot, one 30-minute session leaves my previously throbbing lower extremities weightless, and my formerly shadowy foot karma newly realigned. □ *health >230*

## SPORTS AND THE FEMALE FOOT

In addition to the trauma we put our feet through just darting around town, emerging research suggests that women may be predisposed to more foot-related sports injuries (from sprained ankles to stress fractures) than men. Women, who develop looser joints due to surges of hormones like estrogen and progesterone during adolescence, have less support, particularly in the arch, where the impact of running, jumping, and landing is received by the foot, says Timothy Hewett, Ph.D., director of the Sports Medicine Biodynamics Center at Cincinnati Children's Hospital Medical Center.

Regardless of the activity, "a good shoe is your primary line of defense against injury," says Hewett. Not surprisingly, the top companies are on the job. Working with institutions like the Human

linical pedicures—the oft-referred-to "medi-pedi" or "medicure"—offer relief to humiliated feet with the same exfoliating glycolic peels and microdermabrasion wands once reserved for the face. And that's not all: After carefully

evaluating the offending appendage, trained aestheticians at medi-spas like Howard Murad, M.D.'s, Murad Medical Spa in El Segundo, California, or doctor's offices like David Colbert, M.D.'s, New York Dermatology Group administer vitamin-C brightening masks or collagen-boosting laser treatments,

## FOOT NOTES: THE COUNTRY'S MOST POTENT PEDICURES

### ATLANTA

#### BLUE MEDSPA

190 Tenth St.  
(404) 815-8880

The Rapid Results peel and microdermabrasion offer targeted therapy.

### BOSTON

#### G SPA

35 Newbury St.  
(617) 267-4772

One session with "The Machine," a whirring device with a rotating sandpaper-like disc, eliminates calluses.

### HOUSTON

#### SPA AT THE WATERWAY

1605 Lake Robbins Dr.  
(281) 296-8866

On the menu: "bracing," a podiatrist-prescribed procedure

that relieves excess pressure on the nail bed.

### LOS ANGELES

#### BELLACURES

239 N. Robertson Blvd.  
(310) 550-5822

Slough away tough patches with the hydrating Callus Blaster.

#### L.A. VIE L'ORANGE

638½ N. Robertson Blvd.  
(310) 289-2501

Professional dancers swear by the Sports Healing Reflexology Pedicure.

### NEW YORK

#### AJUNE

1294 Third Ave.  
(212) 628-0044

The glycolic peel, LED light therapy, and microdermabrasion included in the Clinical Pedicure help reverse signs of aging.

#### TRIBECA MEDSPA

114 Hudson St.  
(212) 925-9500

An antibacterial soak, clarifying salicylic-acid treatment, and exfoliating VibraDermabrasion session promise polished, healthy feet.

### PALM BEACH

#### ANUSHKA COSMICAL CENTRE

701 S. Rosemary Ave.  
(561) 820-0500

Radiesse and Perlane injections (administered

by a nurse practitioner) add cushioning to the bottoms of achy feet.

### PHILADELPHIA

#### PIERRE AND CARLO EUROPEAN SALON & SPA

200 S. Broad St.  
(215) 790-9910

Alpha-hydroxy peels, glycolic scrubs, and moisture-boosting paraffin dips round out the comprehensive pedicure menu.

### SAN FRANCISCO

#### POLISHED LOUNGE

470 Third St.  
(415) 543-0993

After the skin-softening foot soak and stimulating massage, manicurists performing the Simply Sports Pedicure gently take on problem spots.



**STAND AND DELIVER**  
THE CHICEST SANDALS  
(HERE, AT YSL) CALL  
FOR FLAWLESS FEET.