

1 Start by taking the time to soak feet in a bowl of warm water. For a natural treat try the FABULOUS FOOT FIZZ, £4.50 from the Working with Nature range.

2 Buff hard, dried skin to perfection with Soap and Glory's LITTERLY FANTASTIC FOOT BUFFER, £8 or try Mavola's SMOOTHING SCRUB CREAM, £10.68.

3 Dry feet and massage in a conditioning foot lotion like Tisserand's WHITE MINT AND KANUKA FOOT BALM, £5.30.

4 Heaven's VANILLA POD HAND AND NAIL CREAM, £14.63, is a gorgeous scented cream which can also be used as an excellent moisturiser to condition and maintain the hard skin on your feet.

5 For an extra treat try Bliss SOFTENING SOCKS, £36. They contain a special lining which activated by body heat force feeds moisture into rough and dry feet.

6 To prep toenails for varnish soften and remove unruly cuticles with Burt's Bees LEMON BUTTER CUTICLE CRÈME. This intensive treatment, £5.99 also nourishes nails.

7 Flout perfectly pedicured toenails with this season's bold colours. The Zrus GLOSSYWEAR NAIL POUISHES, £1.95 each come in 36 shades to match any outfit.

8 The new CYCRA PRO NAIL VARNISHES, £5.49 from Ritual London features a new 'maxi brush' for fast application and easy control, with 22 shades available.

9 Dry toenails quickly, avoid smudging and add lustre to pedicured nails with Leighton Denny's MIRACLE DROPS, £7.81.

STOCKISTS' INFORMATION
 Working with Nature
www.bellinghennecompany.co.uk
 Soap and Glory: Boots nationwide
 Mavola: 01732 859 412
 Tisserand: 01273 325666
 Heaven: 01952 45188
 Bliss: 0800 100 4151
 Burt's Bees: 0845 0062030
 Zrus: Superdrug nationwide
 Ritual: Coastline nationwide
 Leighton Denny: 0845 862 0515