

first person

If you dread baring your feet, try an Urban Retreat pedicure. Louise Vitell went feet first

What exactly is it? Crabtree & Evelyn's new simple two-step solution is recommended if you want perfect summer feet to show off in strappy sandals. It's a rinse-off treatment with peppermint oil which exfoliates, softens and polishes, followed by a foot massage and pedicure.

So what does it involve? First my feet were soaked in a hot-water foot spa, dried off and gently massaged with the 3-1 Foot Smoother exfoliator specifically designed to restore, condition and rejuvenate, leaving my feet feeling silky

and soft, all while my back was massaged by the remote-control leather chair.

What happens next? My therapist thoroughly massaged my feet with Foot and Leg Therapy, containing peppermint oil, which left my feet fresh, tingly and rejuvenated within minutes. Next she cut, filed and buffed my nails, cut the cuticles evenly and perfectly applied a polish of my choice.

And the result? Gloriously soft and smooth feet in tip-top condition. My feet felt wonderfully refreshed and cool and

this was one of the best pedicures I've ever had. It's a must if you are considering baring your feet.

Any down sides? Make sure you have enough time after the treatment, which lasts about an hour, for the polish to dry, alternatively bring some flip-flops or your nails might smudge.

Louise's treatment used Crabtree & Evelyn products (stockists: 020-7361 0499) and cost £35 at Urban Retreat at Harrods, London SW1. For more details, call 020-7893 8333.

CELEBRITY SECRETS

For Nicole Faraday, 26 – Snowball Merriman in ITV's *Bad Girls* – one-day-old mascara is the bee's knees...

What products do you swear by?

Max Factor 2000 Calorie Mascara, which I always use. And Nivea Rose lip balm, which is cheap, but has a slight pink colour to it. If I haven't got any other make-up on and I've only got the balm with me, I feel better. I also swear by Yves Saint Laurent's Touch Eclat.

What beauty products do you swear by?

I've recently got into Estée Lauder Idealist Skin Refinisher. It's this amazing face cream. You put it on and look in the mirror and all your pores get smaller and your wrinkles seem to disappear. I know I'm only 26, but if I'm feeling a bit tired and I put that on, it always makes my skin look a bit brighter and less wrinkly.

What's your top beauty tip?

Sometimes I leave mascara on all night then often the next day, it looks better if you add one little coat of mascara on top. Somehow, if it's two days old, it can look more striking. It sounds awful! I do wash everything else off.

How do you keep your hair in good condition?

I went through a phase a few years ago when I used to bleach it all the time and it became really damaged. But for the last six years or so, I've been going to the hairdresser and getting tint highlights just in the top section, so most of it is my natural colour now. I alternate my shampoos and conditioners because I think if you use one product for too long, it builds up somehow and that isn't good for hair.

Do you diet or do any exercise to keep your shape?

No, not at all. Although in the summer I'm a lot fitter than I am in the winter. I grew up by the sea and I go down and stay down with my family for quite a long time during the summer. And if it's slightly warm, I'll be the first one swimming in the sea. But I must admit that I don't really do regular exercise which I probably should – although I do live up a steep hill.

Which part of your body would you change if you could?

My bum. It's too big and I'd love to make it smaller.

What do you do if you want to pamper yourself?

I go to the local beauty salon and have a Decleor fake tan treatment, which involves full body exfoliation, massage and fake tan cream application. Decleor is the best fake-tan treatment I've found and, believe me, I've tried a few.

What part of your body do you like to show off on a night out?

It varies a lot. Sometimes I wear a short skirt and other times I'll be in a long skirt and revealing top. But generally, I probably show off more of my face and my hair than my body, because I don't think I have a particularly fantastic figure.

