



**GET PUNCHY**

Welcome warm days with colors that channel a sunrise. Or a Malibu sunset. From persimmon to flamingo pink to fiery fuchsia, these shades send out vacation vibes any day of the week.

**TRY: 1. Essie Confection Affection, \$9, [essie.com](http://essie.com). 2. Sundays No. 09, \$18, [dearsundays.com](http://dearsundays.com). 3. Côte No. 52, \$18, [coteshop.co](http://coteshop.co). 4. OPI On Collins Ave, \$10.50, [opi.com](http://opi.com). 5. Chanel Le Vernis Techno Bloom, \$28, [chanel.com](http://chanel.com).**

## Happy Feet

Slipping into your favorite sandals should feel freeing, not frightening. To hit the ground with confidence, pick a chic color and use this troubleshooting guide to soften skin and shape up nails. Our pro tips will have you walking on air.

TEXT BY CLAIRE SULLIVAN

### Smooth Rough Spots

The speediest way to soften calluses is to remove them mechanically with a file and scrub, says Dana Stern. Start with clean, damp skin and lightly file in a back-and-forth motion (wash the tool afterward with soap and water), says Amy Ling Lin. Follow with a scrub containing oil, so it exfoliates and moisturizes at the same time.

**TRY: 1. Jo Malone London Geranium & Walnut Body Scrub**, \$55, [jomalone.com](http://jomalone.com). **2. The Body Shop Wooden Foot File**, \$8, [thebodyshop.com](http://thebodyshop.com).

### Clean Up Cuticles

Trimming them can expose your nail beds to germs, which can lead to white spots and surface irregularities, says Stern. Instead, gently nudge skin back with a cuticle pusher or wet washcloth.

Then keep them hydrated: Lin recommends fast-absorbing creams in the morning and thicker formulas, like balms, overnight.

**TRY: 3. Aveda Foot Relief Moisturizing Creme**, \$24 for 4.2 oz., [aveda.com](http://aveda.com). **4. Captain Blankenship Avocado & Peppermint Hand, Cuticle & Foot Balm**, \$24, [captainblankenship.com](http://captainblankenship.com).

### Get Rid of Ridges

Damaged cuticles can cause bumps, but vertical lines often come with age. Sand them down with a buffer (cut it into quarters to do detail work), then use a ridge-filling polish, says Carla Kay.

**TRY: 5. Designail Flash Shiner Nail Buffer**, \$7, [amazon.com](http://amazon.com). **Dermelect Makeover Ridge Filler** (not shown), \$18, [dermelect.com](http://dermelect.com).

### Banish Brittleness

"Polish removers are very dehydrating, which leads to splitting and peeling," says Stern. Avoid ingredients like acetone, ethyl acetate, and butyl acetate, and instead use one with a safer solvent, like propylene carbonate. Our choice rehydrates with oils and aloe.

**TRY: 6. Tenover ten Rose Polish Remover**, \$14 for 4 oz., [target.com](http://target.com).



### Soothe Aches and Pains

Swollen feet are a hot-day hazard, and hoofing it around in flip-flops doesn't help. For instant relief, "roll a frozen water bottle under your arches," says Miguel Cunha. On the go, a spritz with tea-tree oil to calm inflammation and help neutralize sweat will do the trick, says Kay.

**TRY: 7. Earth Therapeutics Tea Tree Oil Foot Spray**, \$8, [earththerapeutics.net](http://earththerapeutics.net).

### Heal Cracked Heels

First, use a nongreasy deep moisturizer—preferably one with aloe and vitamin E to treat any spots (our pick goes on with a brush). At night, apply a cream with 40 percent urea, says Cunha, or do a natural soak a few times a week: Steep your feet in a mix of 4 parts water, 1 part apple-cider vinegar, and 3 tablespoons Epsom salts for 20 minutes. "The vinegar has acids that gently break down dead skin, plus antimicrobial properties to ward off athlete's foot, fungi, and other bacteria," he explains.

**TRY: 8. FarmHouse Fresh Honey Heel Glaze**, \$26, [farmhousefreshgoods.com](http://farmhousefreshgoods.com).

### Undo Discoloration

If you love a bright enamel, base coat is your best friend. The clear layer keeps nails from absorbing highly saturated pigments and yellowing, says Karen Gutierrez. If your nails already look a little jaundiced, gently buff them, or take a polish holiday, Stern says, and use an oil with vitamin E to nourish them daily.

**TRY: 9. Deborah Lippmann Hard Rock Base and Top Coat**, \$20, [deborahlippmann.com](http://deborahlippmann.com).

### OUR EXPERTS

New York City podiatrist **Miguel Cunha**; Los Angeles manicurist **Karen Gutierrez**; L.A. manicurist **Carla Kay**; Amy Ling Lin, founder of Sundays Nail Studio, in NYC; and **Dana Stern**, an NYC dermatologist and nail specialist.

Polish Like a Pro

Start with base coat. Then, for a smooth paint job, roll the bottle between your palms instead of shaking it, which causes bubbles, says Gutierrez. Wipe brush bristles against the rim to remove excess, then fan them out at the base of a nail and glide color on in three strokes: down the middle and then on each side. Repeat, finish with a swipe along the tip to prevent chipping, and apply top coat to make it last.