

discovered La Carezza—a full-service, high-volume beauty mill. Our pedicurist, Constanza Cabrera, disappointed us by using only a pumice stone—not a razor—to attack the dead skin on our heels and soles, and her foot massage could have been more intense. But Elena Bedendi made up for it on our hands with a thorough and extra-long massage before meticulously applying Essie Like Linen to our nails. This place is perfect for necessary weekend nail work but, just like out-of-town bagels, it is by no means up to our impossibly high New York City standards.

FAY TELLER SALON

PRICE: Hot-cream manicure, \$22; spa pedicure, \$40 to \$60.
ADDRESS: 19 Corwith Ave., Bridgehampton.
PHONE: 631-537-3393.

● Located mere steps from the always swamped Candy Kitchen, this busy full-service salon had a sudsy tub of hot water waiting

for us when we arrived. While the manicurist did a marvelous job trimming our thick cuticles, she wasn't motivated to give us more than a cursory hand massage. The spa pedicure, though, was well worth the bumper-to-bumper traffic we endured on Montauk Highway. The treatment included a 10-minute warming of our feet in heated booties and a 15-minute reflexology massage by Norwegian Hjordis Tobar. It felt almost as sinful as two scoops of Candy Kitchen's homemade banana ice cream.

BUFFALO

EXCURIA

PRICE: Spa pedicure, \$45.
ADDRESS: 5725 Main St., Williamsville.
PHONE: 716-839-3106.

● We kept our expectations in check as we headed to a spa in a city famed for its blue-cheese-smothered chicken wings. A grand

Victorian house on the exterior, Excuria's inside is sleek and modern, with mirrors hung on vast white walls. We changed into a plush white terry-cloth robe before soaking our feet, having them exfoliated with a Decleor grainy scrub, and dipping them in warm paraffin wax. As our pedicurist, Ilse Battistoni, applied the dark

Ruby Vines (by Jessica Nail Colour) to our toenails, she proudly explained that Excuria's owners had consulted with

Everyone's a Star

In a high-society getaway like Southampton, New York, name-dropping is a way of life. But there's one place in town, La Carezza Salon Day Spa, where who you are—or

who you know—doesn't matter when it comes to getting a manicure or pedicure appointment. "No one gets any special treatment around here, no matter how much pleading they do," says salon comanager Phil Bisco. "I tell 'em, 'Book an appointment like everyone else.'" With more than 150 clients on a typical summer weekend and only one small VIP room, it seems that the rules of this full-service salon—one of only two in town—aren't deterring anyone. In fact, even regulars like Barbara Walters, Vera Wang, and Susan Lucci don't dare disobey. After all, unmanicured nails on the beach are as unwelcome as boom boxes playing "The Graduation Song."



Barbara Walters

Susan Lucci

Manhattan spa experts before designing the space. All of a sudden, the city of Buffalo wasn't the only thing that felt small.

WASHINGTON, D.C.

SALON LOULE

PRICE: Manicure, \$16; pedicure, \$30.
ADDRESS: 1755 S St., N.W.
PHONE: 202-588-9600.

● Thank God for the seemingly endless escalator at the Dupont Circle Metro station, which gave our spent and aching feet a rest on the way to our pedicure appointment. Our nails were splitting and badly in need of polish when we walked into the bright yellow salon, but co-owner Rosinda Guerreiro didn't so much as wrinkle her nose at them. She shaped our neglected nails, trimmed our ragged cuticles, and applied the polish. The only disappointment came when we didn't get the drying-time neck-and-shoulder massage we're used to at our regular place. So we headed back to the Metro polished, yes, but with slumped shoulders.

VIRGINIA BEACH

DEE GEE & PEGGY'S

PRICE: Pedicure, \$25.
ADDRESS: 426 New Town Road.
PHONE: 757-557-0960.

● Finding a salon in Virginia Beach that allows our raggedy cutoffs and flip-flops isn't hard. But locating a place that has a relaxed dress code and stringent standards for cleanliness and nail care is more difficult. Dee Gee & Peggy's offers both. Our feet were first slathered with an antibacterial cleanser. Then, in a private room, our manicurist, co-owner Peggy King, soaked our feet in a bubbling bath and vigorously rubbed off our callused skin with Like Pumice lotion by Ultimate Spa (which makes a noise like Rice Krispies in milk when it's rubbed into the skin). She also gave us a relaxing foot massage that lasted almost a full ten minutes before applying Wild and Crazy Corvette Red to our toenails. Our newly pretty feet definitely deserved better than the plastic beach thongs we walked in with.

AT YOUR FEET

Thick, dry skin on your feet can ruin more than just the look of your slingbacks. It can also cause calluses, corns, and odor, says New York City podiatrist John Mancuso. Exfoliating with a salicylic acid lotion or pumice stone can help, as can regular pedicures that use devices like the electric pumice machine, shown here.

—JEFFRIES BLACKBERY

