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How to Give Yourself a Pedicure



Step 2: File Your Nails

Use a nail file to shape your nails. Always file in one direction. Don't file back and forth or it can damage your nails and cause splitting or peeling.



Step 3: Soak Your Feet

Add essential oils or bath salts to warm water in your foot bath if you wish. Soak your feet and relax for about 5 minutes.



Step 4: Get Rid of Callouses with Foot File

If you have calloused feet, file it with the foot file. Concentrate on areas with the most callouses. If you have extensively calloused skin, it may take more than one treatment to get rid of it.



Step 5: Remove Your Cuticles

Follow the manufacturer's instructions, but generally cuticle remover is applied lightly to the cuticles and is left on for a short period of time (read the instructions of the product you are using). Apply and complete the process one foot at a time.



Next, use an orangewood stick to push back the cuticles. Never cut your cuticles as it is live skin and cause injury.



Immediately wash your hands and feet with warm soapy water to remove any extra cuticle remover. Dry your hands and feet thoroughly with a towel.

Step 6: Exfoliate

Use the exfoliating product of your choice according the manufacturer's instructions.



The general procedure is to use a small amount and massage it into your skin for about one minute. Making sure your feet are dry before starting will ensure a more thorough exfoliation.



Rinse your hands and feet with water.

Step 7: Apply Moisturizer

Apply your favorite moisturizer, massaging your feet with your thumbs and hey, do your lower leg and calves too. Ah heaven!



Step 8: Prepare Your Nails for Polish

Now that you've put moisturizer on your feet, you probably got it on your nails too. Make sure you clean your nails before moving onto base coat and polish. You can clean them by wiping down the nails with a cotton ball or pad moistened with nail polish remover.



Dry your nails before beginning the next step.

Step 9: Apply Base Coat

When your nails are dry, it's time to apply base coat, which protects your nail and is always used underneath polish. Apply from the bottom of your nail to the top. Start with one stroke up the center and then one on each side. Wait one minute before moving to the next step.



Step 10: Apply Polish

Get the best color and wear, by applying two coats of polish. Again, apply from the bottom of your nail to the top. Start with one stroke up the center and then one on each side.



Wait one minute before moving to the next step. Allow 1 minute to dry between each coat. If you make a mistake, apply a little polish remover to a cotton swab and lightly dab to remove polish from skin.



Step 11: Apply Top Coat

After you've waited a minute after applying your second coat of polish. Apply the top coat. Once again, apply from the bottom of your nail to the top. Start with one stroke up the center and then one on each side. Wait one minute before moving to the next step.



Step 12: Apply Cuticle Oil – Use Daily

Massage a little cuticle oil into your cuticles after your nail polish has dried. Repeat this part of the process daily as it keeps your cuticles healthy and moisturized.



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