



We love...

We have tried every foot buffer going, but are now converts to an amazing foot file by Alida. A bit like a giant Microplane cheese grater, this is a metal tool which – with the lightest skim over feet – whisks away rough, hard skin to leave feet baby-soft. It's designed to be used on wet feet, but Jo prefers to use it before bathing or washing her feet at night (her mustn't-miss last-thing-at-night ritual). As for creams? Jo puts a spring back in her step with the 100 per cent natural Weleda Foot Balm with rosemary and lavender (see page 167). Sarah loves Inlight Organic Foot & Leg Balm, based on olive, sesame, hazelnut and coconut oils with beeswax, and botanicals that include lavender, rosemary and marigold.