

Below the Belt

by **Tatiana Bido**

We spend so much time thinking about skin care for our face, neck and décolleté, but what about our lower extremities? Our feet, legs and butt are hidden away during winter months, but once the weather warms up, they're back on display. With innovative at-home tools to resurface and smooth, and new treatments to tone and reshape, it's no wonder our lower halves are in full focus.

The top ways to give your feet, legs and butt the TLC they deserve.

↓ **Feet First**

"There are more than 7,000 nerve endings in each foot," says celebrity aesthetician Tammy Fender, whose onsite reflexology team provides reflexology during her signature holistic treatments. "Our feet are so connected to our physical well-being, and I've seen over many years how reflexology can help release our stuck emotions and offer powerful cleansing. On a physical level, it can create deep relaxation, but it also releases emotional tension and helps us clear energetic blockages." Maybe that's why foot care has moved to the forefront of our minds in the last year, and with more pampering treatments and aesthetic procedures in this category, foot relief has become a leading form of self-care.

The Reflex

To de-stress and treat your feet at home, Fender says to grab an ultra-rich lotion and begin by massaging your feet to alleviate pain and stress. "You simply can't go wrong by doing what feels good. Pay attention to your ankles, and also your big toes. Throughout your day, walk barefoot as often as possible, exploring pressure points by rolling your feet against the floor. Go up on your toes, and then rock back onto your heels."