



37



## YOU CAN NAIL THIS!

Six ways to ensure your pedi is on point

### 1. Go where the bros go.

Whether you're gathering pre-visit intel online or popping by the corner nail joint, scan for menu items expressly targeting guys. "Anything that jumps out and says it's for men—trims, barbering—is a plus," said Elizabeth Arden Red Door Spas' Adeline Sarino. You'll be able to gauge how welcome you'll feel if you book and also get an exact description of the service itself. Red Door's Gentleman's Pedicure includes a lower leg massage with a heated dollop of Arden's lightly scented Eight Hour Cream. You wouldn't want that to come as a surprise.

### 2. Pony up for extra privacy.

Seclusion comes at a price: The tonier the establishment, the greater the chances it offers semi-private pedi rooms. Most day spas have separate areas for hosting bachelorette parties, mother/daughter days or couples treatments, etc., so don't be shy about asking to be parked in one. At a strip-mall salon, request seating at the tail end of the pedi-chair row.

### 3. Know the difference between sterilization and sanitization.

Make sure your salon of choice deploys the following procedures to guard against fungal infections: Every implement that touches your feet should either be brand spanking new and pulled from a sealed plastic pouch or sterilized in an autoclave within your sight line, said Ms. Sarino. Sanitization, which means spraying the heck out of pedi tubs and surrounding surfaces with disinfectant after every use, is also important in avoiding fungal infections.

### 4. Pack distractions.

Not one for awkward chitchat with a nail tech or flipping through a dog-eared Cosmo? New York City spa owner Jin Soon Choi recommends bringing a book or music to enjoy during the treatment. Even better: your significant other. "We encourage men to come with their partners and enjoy being together in a relaxing setting," she said.

### 5. Book a midday pedicure.

If you want to avoid the crowds, book a midday appointment during the week, said Ms. Choi. Or have an esthetician from Manicube do an in-office Pedi in a Pinch, which involves cleaning and clipping. *1 \$18; manicube.com*

### 6. To maintain results, do your home work.

Stay ahead of rough skin with a daily slathering of cream with shea butter. "Keep a jar on your nightstand for that purpose," said Chris Salgado, U.S. president of Kiehl's Since 1851 and author of "Manmade: The Essential Skincare & Grooming Reference for Every Man."

--Dana Wood