

## MOBILE MANICURE NAIL ART & NAIL EXTENSIONS

Give your hands & nails the pampering they deserve in the comfort of your own home. They will appreciate it after all the hard work they do.

Shape & Polish  
from £6.50

Nail Art  
from £5.50  
(Gems from 40p each)

Childrens & Adult Nail Parties  
catered for, prices on request

Manicures from £10.00

UV Gel & Acrylic Nail Extensions from £35.00

3D Gel Designs from £5.25

### FINGERS 'N' THUMBS

Phone Alison on 07800 779 352

email: fingers-n-thumbs@fsmail.net



Peter Waugh DipCFHP. Mps Pract.  
Home Visiting Foot Health Practitioner

Reliable, professional foot treatment  
in the comfort of your own home.

Corns  
Hard skin  
Cracked heels  
Ingrown nails  
Heel pain  
Diabetic care  
Hard to cut nails

Whatever your foot problems, I can help.

**Why suffer with painful feet?**

**Make your appointment now.**

Call 01332 883345 or 07969 566395

I visit the whole of Amber Valley.  
Home visits only £19.00

## Nail Art

Kilburn resident, Alison Smith of Fingers 'n' Thumbs (pictured) offers a complete mobile manicure, nail art and nail extension service.

Alison embarked on her chosen career after attending a 'Nail Art Taster Course' in Codnor – the course leader noted that she had a natural flair and recommended that Alison attend further courses to train in all aspects of hand and nail care. Alison comments: "I realise how intimidated some people feel about visiting salons, so I decided that I would provide a friendly, one to one, mobile service which allows people to feel totally at ease in their own home. Not everyone is able to get out and about which is another benefit of using my mobile service."

Alison takes a real pride in her work and gets great satisfaction from knowing that she has helped clients to feel special through pampering their hands and nails.

Alison is becoming well-known for her Nail Art Parties for Children. There is a free present for the birthday girl when booking for five or more children and at just £5 per child represents excellent value. For more information about any of the services Alison provides give her a call on 07800 779352.



## FOOT NOTE

### Christmas shopping can be murder.

If you are one of the eight out of ten adults in the UK who suffer with painful feet, you will already know all about that. Christmas shopping can't be avoided but some of the suffering can.

Your choice of shoe for all-day shopping marathons is vital. New shoes are almost guaranteed to be a recipe for disaster as they are much tougher than your feet and a blister glowing brighter than Rudolph's nose will definitely ruin your day.

High heels may well look glamorous but when the balls of your feet are on fire, the expression on your face will totally destroy the effect!

If your feet are still screaming at you when you get home then try these simple tips to ease them. Give them a soak in warm water for a few minutes, dry well and then try drawing the letters of the alphabet in the air with your feet. If your feet feel hot, sacrifice one of your seasonal satsumas by popping it into the freezer until it is frozen solid and then roll it around under your foot for a minute or two – bliss! Merry Christmas. *Peter Waugh (Amber Feet)*

