

# Future feet

Ina Bajaj knows a thing or two about the perfect pedicure. **Melissa Williams-King** spoke to the founder of both East Day Spa and Spring to get her tips for sandal season.

## Which nail polish colours are most fashionable for summer toes?

Flame oranges, fuchsia pinks, glossy metallics and lush teals – any hue that will help offset a tan. Summer is the time to be radiant and adventurous. It's a common misconception that you should have to match your fingers and toes; in summer you should go bright and bold and clash to perfection.

## What's most popular – gel polish or regular nail polish?

We find Shellac is popular as it gives you a very smooth, polished finish and is great just before a holiday or over summer, when there is less time to think about maintaining your manicure. The gel makes the nail look flawless so any ridges and uneven areas appear completely perfect. In general, we find people going to the beach prefer Shellac as the polish is extremely wear-resistant.

## Apart from being relaxing, why do you recommend women come in to treat their feet at East Day Spa or Spring?

Our spas set the benchmark for best practice in hygiene. We have stringent hygiene procedures including autoclaves, which are

Ina Bajaj says Kiwis are generally becoming better at pampering themselves.



medical-grade sterilisers we use to clean our equipment. We have a high-calibre team of internationally trained staff, and a commitment to customer service.

## What should you be on the look out for in a nail salon?

Ensuring the salon has qualified or experienced staff is number one. In terms of hygiene, keep an eye out for hygiene best-practice initiatives, such as single-use files, buffers and metal

tools that are sterilised thoroughly, which ensures the equipment used on your nails and skin will be completely bacteria-free.

## Between pedicures, how should women take care of their feet?

Regular maintenance of the feet and a simple 30-minute express pedicure in between your longer ones is really the best option. We've made our pedicures accessible to all, with the inclusion of

express treatments that were purposefully designed as a mini tidy-up session. If you just can't get to the spa, a good foot soak with a simple sugar scrub around the nails and heels works wonders to refresh the feet.

## Why do you think spas have become so popular – are Kiwi women getting better at treating themselves?

Yes, women and men are definitely frequenting the spa more, and having treatments

more regularly as part of their lifestyle rather than as an occasional treat. Spa and salon services have become more accessible to Kiwis. For example, alongside the traditional spa environment of East Day Spa, Spring offers a social experience where you can bring a friend or three and enjoy spa treatments in a unique and somewhat unconventional way. Spas are far less of a formal experience than they used to be.



Spring Spa will open its doors this month on the corner of Tory and Jessie Streets, Wellington. It hopes to further expand the brand around New Zealand and foresees potential Spring Spas opening in Hamilton and Christchurch over the next three years. (Currently, Spring Spa is in Queenstown, Auckland and Bali.) Visit [springspa.com](http://springspa.com).

## TWINKLE TOES

Try these sparkly shades when it's time to put your dancing shoes on this summer:

**Gwen Stefani for OPI Don't Speak Pure 18K Gold Top Coat, \$39.99.**

**Bobbi Brown Shimmer Nail Polish in Scotch, \$26 (in store next month).**

**Sally Hansen Complete Salon Manicure in Snowglobe, \$16.99 (in store next month at Farmers).**

