

For feet's sake,  
stop biting your  
toenails!

## footfetish

SANDAL SEASON'S CREEPING UP, LADY. TAKE CARE OF YOUR FUNKY DOGS SO THEY'LL BE PRETTY AND SWEET-SMELLIN' FOR SUMMER.

- 1 **the ped prob:** calloused feet  
**the lowdown:** Barefoot hangin' can make the skin on the heel or ball of your foot tough, dry or cracked.  
**the foot fix:** Smooth out the situation with a pumice stone (no more than once a week) to remove dead skin, and moisturize feet twice a day, recommends Dr. Barbara Aung, a Tucson-based podiatrist. Before bed, smother your heels with Vaseline Intensive Care lotion and wear socks to bed. Your feet'll love you for it.
- 2 **the ped prob:** yucky odor  
**the lowdown:** Active, sweaty, summer feet can lead to some serious foot stench in your sneaks.  
**the foot fix:** Always wear clean cotton socks 'cause the natural fiber helps absorb sweat. Dr. Stuart Kaplan, a Beverly Hills dermatologist, also recommends using powder inside your shoe, like Zeasorb or Dr. Scholl's Odor Destroyers Shoe Shot. Another goodie is Gold Bond Medicated Foot Powder. And make sure to scrub your puppies with deodorant soap.
- 3 **the ped prob:** burning and peeling  
**the lowdown:** If your feet or the area between your toes are itchy, raw and scaly, you've probably got athlete's foot, a fungal infection which affects about 20 million people every year.  
**the foot fix:** Moisture is the culprit, according to Dr. Kaplan, so avoid it by keeping your feet clean and dry and wearing ventilated shoes with cotton socks. Another way you can get athlete's foot is to pick it up in places like community pools and showers (eash!), so wear flip-flops. Cure it with an antifungal product, like Tinactin, easily found at your local drugstore.

**I have a skimpy swimsuit, and I've been thinking about shaving my bikini line. I want to know if shaving down there is a good idea. —Sara B., 15, WI**

Dr. Charles Dubin, a Santa Monica-based gynecologist, warns that there are possible problems with removing the hair down south—the same ones that can occur when you shave any sensitive skin area. Mainly, your skin could become irritated. "You could get something called folliculitis, an infection of the hair follicles resulting from tiny razor cuts," he says. It looks like a rash, and you may need antibiotics to treat it, which is no fun at all. Remember, using a razor on your legs or underarms is a lot different than removing bikini line hair. The skin down low is more tender and susceptible to unattractive bumps that hurt, like ingrown hairs. If you have to do it, shave in the direction your hair grows and use a super-moisturizing shave gel. Or, may we suggest wearing board shorts?

You know those big, heinous, under-the-skin zits that slowly mutate into painful and fugly-ugly red lumps? They're called cystic zits and we've found something to ward them off (don't act like that didn't totally nail your attention). It's Enessa's Clove Oil and it even comes in an eye-pleasing blue bottle. You may be thinking...oil? On a pimple? Are these editors on a caffeine high? Michelle Ornstein, who created the stuff at Enessa Day Spa for her famous clients (like Jennifer Aniston and Brad Pitt), explains: "Clove oil is a strong antibacterial agent. It gets rid of the toxins and reduces redness and swelling." The best part is it doesn't cause the skin to flake in pimple-medicine dryness, so putting on concealer is easy-peasy. Try it. (\$21.50 at [enessa.com](http://enessa.com) or call 888/436-3772.)

## medicalstraighttalk

If you're surfing for straightforward information about safe sex, reproductive health or prevention of STDs, this site is for you. Created especially for young people by the Kaiser Family Foundation, [itsyoursexlife.com](http://itsyoursexlife.com) is a confidential resource for all things sex-related. We know from your thousands of letters and e-mails that y'all have lots and lots of questions about sex and every tiny bit of detail related to sex, so go on with your bad selves and get the information from straight-talking medical people who live to tell you about this stuff.

## pimplesfromhell



Body probs? Sex queries? We're your girls, so send 'em to: Sex Talk, Teen, P.O. Box 48990, Los Angeles, CA 90048; e-mail: [bodytalk@emapusa.com](mailto:bodytalk@emapusa.com). Please include your age and address. We can't answer letters personally. Anything that you send to us (and all of its legal contents) is ours forever. For more, all-new Sex & Body Q&As, visit [teenmag.com](http://teenmag.com)'s Advice section every Friday!