



## WALK this way

Whether for charity or for leisure, a long stroll can leave your feet aching for relief.

by tara nolan

GOING FOR A WALK might seem like a lazy girl's workout, but it can also leave you with tender tootsies. Whether you're logging kilometres for a charity walk like the Shoppers Drug Mart Weekend to End Women's Cancers or taking the dog to the park, it's nice to know that walking is good for your heart and your waistline. Get some relief for your feet with these spa treatments, which you can recreate in the comfort of your home.

### Epsom salts

An apothecary jar filled with Epsom salts is a bathroom mainstay, for reasons beyond its decorative appeal. Priscilla Luna, a pharmacist and associate owner of Shoppers Drug Mart in Ajax, Ont., explains

that Epsom salts are a mix of the minerals magnesium and sulfate, which relieve pain and inflammation, and flush out toxins, respectively. Spas now offer elevated hot-tub experiences, too, in which they add the soothing ingredient to their H<sub>2</sub>O. Body Blitz in Toronto, for instance, features a hot Epsom salt pool as part of its therapeutic waters circuit. Try this DIY: Pour two cups of Epsom salts under running water in your bath. "It's best to use warm water—[the temperature] needs to be comfortable so you can enjoy it," says Luna. To stay hydrated, she recommends drinking two cups of water both before and after your soak. To pamper just your feet, add half a cup of Epsom salts to a basin, says Luna. *Glow* pick: Life Brand Epsom salts, \$10 for 4 kg

### Arnica massage

Though it has petals, arnica is actually an herb that has been used since the 1500s for its healing effects. The fresh or dried flower heads impart an anti-inflammatory effect that helps soothe bruising, muscle soreness and joint pain. To amp up the benefits of arnica, try a massage in which the ingredient is rubbed into your skin, as is done when requested (for a supplemental fee) during the Sports Recovery Massage at the Four Seasons Spa in Whistler, B.C. Or try this at-home treat from Luna: Lie down and elevate your legs for about 12 minutes to improve circulation, then massage an arnica lotion into your legs and feet. "You need a minimum of 15 per cent extract to find good, fast relief of soreness," she says. "Sprays and gels contain a higher concentration." *Glow* pick: Rub-A535 Arnica Cream-Gel, \$11 for 75 g

### Hydrotherapy

Hydrotherapy is renowned in many cultures, from European to Asian, for its healing powers. Alternating between hot and cold water causes blood vessels to dilate and constrict, which helps eliminate toxins, improve circulation, stimulate the immune system, and reduce pain and inflammation. You can relax luxuriously at an outdoor spa, such as Nature Spa Pôhénégamook in Quebec, by going from bath to bath. Or get a similar experience at home (minus the scenery) by using warm and cool buckets of water to relieve pain in your feet and calves. Maria Ambrosio, the outpatient coordinator in the physiotherapy department of Montreal's Jewish General Hospital, says this is a great treatment if you still feel soreness a couple days after intense exercise or prolonged walking (of course, see a doctor if you suspect injury). Immerse your feet in cool water for 30 seconds, followed by a minute in warm water, alternating for up to 15 minutes. Follow with a foot cream. *Glow* pick: Soap & Glory Heel Genius, \$16 for 125 ml

## REGISTER FOR THE WEWC

The Shoppers Drug Mart Weekend to End Women's Cancers is a one- or two-day walk (32K or 60K) that takes place in Montreal (Aug. 23 to 24) and Toronto (Sept. 6 to 7). To register online or to make a donation, go to [endcancer.ca](http://endcancer.ca).