

# New Living<sup>®</sup>

SPORTS, NATURAL HEALTH & FITNESS NEWS THAT'S GOOD FOR YOU

BU  
US PO  
STONY  
PER  
ADRES  
PC  
STONY

2008 VOL.19 NO.4 SERVING THE NY AREA FOR 18 YEARS!

But Pro

**SOUTH  
EACH DIET**

**Rachae  
Ray's**

## PRODUCT REVIEWS FOR BODY, MIND & SPIRIT

Just in time for summer! For both men and women, here's a great new pedicure tool to keep your feet looking youthful and soft. Microplane Foot File XL-Pro (SRP \$29.95) has 175 tiny, bi-directional files created with the patented photo-etching process to safely remove dry skin and calluses from particularly the heels and soles. The curved, extended-reach handle is easily positioned to lessen back/arm stress and strain. Its unique, no-mess design makes taking care of your feet a breeze. A receptacle, which is easily removed for cleaning and sterilizing, captures skin particles as they are sloughed off.



The XL-Pro also accommodates a multi-directional buffing cartridge (sold separately) and comes with a storage case and file cover. Made of surgical-grade stainless steel, the foot file is more durable than other pedicure files. Rub the Microplane Foot File XL-Pro in a back and forth motion over dry feet (no need to soak feet first) and watch cracked, dead skin and calluses on your feet magically slough off. To clean, remove the foot file cartridge from the handle, rinse with soapy warm water and dry. Replacement file cartridges are available. After filing, moisturize with Microplane's Footcream (Dreamsicle or Citrus Twist - SRP \$14.95 each) which feels and smells fantastic! The footcream contains a luxurious blend of vitamins, essential oils and healing creams to help moisturize tired, over-worked feet. For more info on the Microplane Foot File XL-Pro or other products in the line, visit: [www.microplane.com](http://www.microplane.com) or call 1-800-555-2767.

**HOLISTIC  
PET**