

Step Into Healthy Feet: Expert Toe Nail Care Tips

Published on 18 Dec 2025 | By IFI Correspondent



Once considered a secondary aspect of personal grooming, **toe nail care** is now gaining renewed attention as beauty experts and dermatologists stress its importance for both hygiene and overall foot health. With increased awareness around self-care and wellness, proper toe nail maintenance is being recognised as more than just a cosmetic practice.

Basic Toe Nail Care Practices

Foot care specialists recommend a simple but consistent routine to maintain healthy toe nails:

- **Regular trimming:** Nails should be cut straight across to avoid ingrown nails
- **Cleanliness:** Washing feet daily and drying thoroughly, especially between toes
- **Moisturising:** Applying foot cream to prevent dryness and cracking
- **Proper footwear:** Wearing breathable shoes to reduce sweat and fungal growth

Using clean nail tools and avoiding overly aggressive filing are also key to preventing damage.

Rise of Professional Pedicure Services

The growing focus on foot grooming has also led to increased demand for **professional pedicure services**. Salons now offer specialised treatments that address concerns such as nail strengthening, cuticle care, exfoliation, and fungal prevention.

Top Nail & Pedicure Salons in India

Delhi

- **Nails Mantra Salon & Academy** – Popular spot in Rajouri Garden for nail grooming and pedicures.
- **Nail Rituals – Best Nail Art & Eyelash Extension Salon/ Studio in Rajouri Garden** – Known for detailed nail art along with pedicure services.
- **Zoe Nails** – Well-rated choice for manicure and pedicure in Rajouri Garden.

Bengaluru

- **Nail Room India – Nail Art Salon & Studio in Jayanagar / Nail Room – Nail Art Studio & Salon in Sahakar Nagar / Nail Room – Nail Art Studio & Salon in Malleshwaram / Nail Room – Nail Art Studio & Salon in Kammanahalli** – Highly rated studios with pedicure and nail art services.
- **3D Nail Art Studio** – Top-reviewed studio known for detailed and creative nail services.
- **Divine Nail Studio – Best Facials, Eyelash, and Hairstyling** – Nail care alongside beauty services.

Mumbai

- **Bellissimo Nail Studio** – Stylish salon in Khar West offering pedicures and extensions.
- **The Bombay Nail Company** – Boutique nail salon with a focus on foot and hand care.
- **Kavi's Nail Care & Institute of Nail Technology** – Combines service with training expertise.

Hyderabad

- **Fingertips: The Nail Studio, Hyderabad** – Well-reviewed salon with manicure and pedicure services

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