



## HEALTH & *Wellness*

By Dr. Jean Claude Nerette

### Whirlpool Foot Baths VS. Pedicure Bowls



Living in Florida, shorts and sandals are our uniform almost year round. For many, a trip to the local nail salon for a bit of pampering is the ultimate summer indulgence. For some, the quest for beautiful nails will leave them shocked about the hidden dangers of their beloved manicure and pedicure. These dangers included fungal nail infections (onychomycosis), bacterial skin infections (such as Staph), viral infections (such as herpes and plantar warts). Medical experts are alarmed by the emergence of the new strain of Staphylococcus aureus bacteria known as community-acquired MRSA. These strains of bacteria are resistant to a first line of antibiotics and work only with stronger antibiotics sometimes requiring hospitalization for intravenous treatment.

It is simply impossible for a person to know how many other customers have used the whirlpool foot bath before you and if the spa or salon has sterilized it properly and effectively. Sources of infection can often be traced back to equipment used at the nail salons and spas. Medical regulations to sterilize equipment are not generally mandated in the cosmetic industry and therefore not enforced. On the other hand, the medical field is regulated by the Federal Occupational Safety and Health Administration. Accumulated debris of hair, skin, and nails trapped behind foot bath inlet screens, combined with improper maintenance, cleaning and disinfection of the whirlpool units, promote bacterial growth and can present a risk to users. No matter what type of whirlpool systems with jets that are used, they are virtually impossible to sterilize and completely rid

of all bacteria. Here at Bellissimo, we use special pedicure bowls that are free of jets and screens allowing us to properly chemically sanitize each bowl after use destroying all bacteria and viruses that may be present.

As the owner and operator of Bellissimo Medical Spa & Salon, Dr. Nerette has strict guidelines on proper sterilization of all equipment used not only for our pedicure and manicure treatments, but for the remainder of our spa and salon. The safety of our clients is our main concern, while abiding by all State and Federal regulations. Bellissimo uses pedicure bowls which are lined with lava heat rocks that keep your pedicure water at an ideal temperature. Next, different aromatherapy scents are added to the water and enhance your spa experience. Manicures are also performed while our clients are resting their arms comfortably on their over sized armchair. This total experience, added with the soft surround sound and soothing spa environment will make the most demanding client extremely happy!

*Dr. JC Nerette is an experienced doctor who specializes in minimally-invasive cosmetic procedures and is a Fellow of the Laser Institute of America. Dr. Nerette received his board certification at NYU-DH in 2002 and has been providing cosmetic services ever since in South Florida. He is a previous co-owner of a South Beach Medical Spa and now serves his patients at Weston's premier Medical Spa and Salon. He is a respected physician at Plantation General Hospital offering high quality service that you can trust. Bellissimo Medical Spa & Salon is located at 2665 Executive Park Drive, #3 in Weston, phone 954.384.8989.*

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