

## Wrist-Assist Provides Relief for Muscle Fatigue



A 24-year nail veteran and owner of R.S. Innovations, Robin Stopper developed the Wrist-Assist to ease the repetitive strain issues associated with doing nails. A fibromyalgia-sufferer, Stopper found the muscle fatigue from bending, lifting, and manipulating her clients' hands had become unbearable. Rather than quit the business, she came up with a solution.

"I realized the need for a product that would support and elevate the clients' hands, while still allowing free movement in all directions," says Stopper. "The Wrist-Assist rolls, which allows the technician to position the clients' hands as close as necessary, improving posture and reducing fatigue. The ergonomic design raises clients' hands to the proper elevation." The result of using the Wrist-Assist, says Stopper, is reduced muscle fatigue in the technician's back, neck, hands, and wrists, along with increased client comfort."

For more information, go to [www.nailsmag.com/fifi/21451](http://www.nailsmag.com/fifi/21451).

## INTA Denounces Fish Pedicures

The International Nail Technicians Association (INTA) has come out against the "fish pedicure" being performed by a salon in Virginia that was the subject of a flurry of media coverage in July. The service requires clients to place their feet into a tub containing approximately 100 small carp that nibble dead skin from the callused areas of clients' feet. The INTA opposes "any such technique that could cause potential harm to the consumer as well as the long-term viability of the professional nail industry."

Says Dr. Robert Spaulding, the author of *Death By Pedicure* and *The Science of Pedicures*, "This type of service should not be allowed or approved by state cosmetology boards in any type of salon. Basically, it departs from any known convention of appropriate approved disinfection standards." >>>

The Associated Press: Fish pedicures: Carp rid human feet of scaly skin  
<http://ap.google.com/article/ALeqM5hzjgRAAYCjMj98hAk4Sas3DPgwD92278780>

**Fish pedicures: Carp rid human feet of scaly skin**  
 By MATTHEW BARAKAT — Jul 21, 2008

ALEXANDRIA, Va. (AP) — Ready for the latest in spa pampering? Prepare to dunk your tootsies in a tank of water and let tiny carp nibble away.

Fish pedicures are creating something of a splash in the D.C. area, where a northern Virginia spa has been offering them for the past four months. John Ho, who runs the Yvonne Hair and Nails salon with his wife, Yvonne Le, said 5,000 people have taken the plunge so far.

"This is a good treatment for everyone who likes to have nice feet," Ho said.

He said he wanted to come up with something unique while finding a replacement for pedicures that use razors to scrape off dead skin. The razors have fallen out of favor with state regulators because of concerns about whether they're sanitary.

Ho was skeptical at first about the fish, which are called garra rufa but typically known as doctor fish. They were first used in Turkey and have become popular in some Asian countries.

But Ho doubted they would thrive in the warm water needed for a comfortable footbath. And he didn't know if customers would like the idea.

"I know people were a little intimidated at first," Ho said. "But I just said, 'Let's give it a shot.'"

Customers were quickly hooked.

Tracy Roberts, 33, of Rockville, Md., heard about it on a local radio show. She said it was "the best pedicure I ever had" and has spread the word to friends and co-workers.

"I'd been an athlete all my life, so I've always had calluses on my feet. This was the first time somebody got rid of my calluses completely," she said.

First time customer Kathin Reese, 32, of Washington, described the tingling sensation created by the toothless fish. "It kind of feels like your foot's asleep," she said.

The fish don't do the job alone. After 15 to 30 minutes in the tank, customers get a standard pedicure, made easier by the soft skin the doctor fish leave behind.

Fish pedicures made quite a splash in the media over the summer.