



Cracked, dry heels

Are you still hiding your feet in socks or tights so no one can see the dryness? Yes then don't worry. Read on, on how we can treat them and beautify them.

What is it and what causes it?

OK you may have dry and cracked heels. You may also find dryness around the balls of your feet and the area under the little toes.

Another word for hard dry skin is callus. Calluses is a build up and thickening of certain areas on your feet especially around the balls of your foot.

Hard skin appears due to repeated pressure of or friction against your skin. This may be due to ill-fitting footwear. Other reasons could be medical reasons such as diabetes, eczema, obesity, hypothyroidism or even infections such as athlete's foot. If you don't suffer with the above maybe you are on your feet all day.

Another common cause could be lack of moisture. The skin under your feet can become dry and rough due to low density of sweat glands. It is the sweat glands that maintain the natural balance of moisture.

How can you treat it?

There are a few options. A pumice stone, a rasp, exfoliate and regular moisturising. So let's talk about each one. If you have a pumice stone I recommend using it on damp skin, while you are in a shower or bath. Make sure you don't scrub too hard. If you have a rasp ensure your skin is dry. You can see how much you are removing. If you rasp your feet when wet you can make them too sore and you cannot see how far you have gone. So two similar implements but different ways of using them. Next is exfoliating. You can do this daily while you wash and you will see the results in time. Finally moisturising. Do you apply foot cream to your feet every day? Lack of moisture causes dryness so the best time to do this is at night before bed. Put some cotton socks on afterwards and relax. If they are just too bad and you want a quick fix then book an appointment and I will be able to get your feet ready for sandals.

Maintenance.

By doing the above on a regular or daily basis you will notice on how smooth your feet are. Keep everything at hand in the bath or shower so you will never forget. Keep your foot cream by your bed so you won't forget. So no excuses.

Products:

I recommend Temple Spa's Sugar Buff exfoliant and Sole Balm foot cream. A great combo of products. If you are prone to swollen feet then you can use Aaahhh! foot gel. A cooling gel you can use on your feet, around your neck and shoulders too. You can purchase pumice stones and rasps from your local chemist or supermarket.

Healthy Feet are Happy Feet

