

Ways To Maintain Healthy And LOVELY FEET



Wash your feet every time you come back from outdoors.



Wear clean and dry socks.

Wear proper footwear to avoid calluses and bunions.



Use a pumice stone or foot file to clean feet and heels at home.

Apply foot creams every day before sleep to keep your feet moisturized.



Apply a good layer of sunscreen on your feet when spending too much time under the sun.

Make sure your toenails are clean and trimmed properly.



Go for a pedicure or a foot massage occasionally.