


Mistakes To Avoid

When Using Exfoliating Foot Scrubs




Not soaking the foot before using the scrub can lengthen the exfoliation process.

Using a foot scrub that is unsuitable for your skin type can cause skin irritation.



Making aggressive strokes while using the scrub can cause skin injuries and infections.



Scrubbing over wounded or bruised skin can worsen the skin's condition.

Exfoliating the feet daily can weaken the skin barrier and increase sensitivity.

Not applying a foot cream after the scrubbing session can harden the skin.