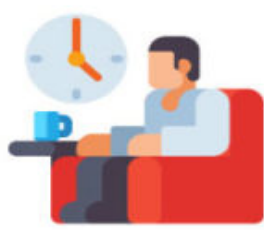




TIPS TO AVOID Cracked Heels



Avoid standing or sitting in one position for extended periods.

Wash the feet with a gentle and fragrance-free cleanser to retain their natural oils.



Apply a foot cream within five minutes of the bath to lock in moisture.

If you have extremely dry feet, apply petroleum jelly at night and wear socks to prevent grease transfer on the bedding.



Use shoe inserts to provide additional cushioning to your heels.

Use a pumice stone after a shower once a week to remove dead skin from your feet.



Drink plenty of water to stay hydrated from within.

Avoid long baths and showers if you're prone to dry skin.



References:

- How To Care For Dry, Cracked Heels; American Academy of Dermatology Association
- Cracked Heels; Medicover Hospitals