

HEALTH

Help Your Feet Beat the Wintertime Blues

NewsUSA

(NU) - You've bid farewell to those colorful sandals and comfortable flip-flops until next summer. But just because your feet won't be on display doesn't mean it's time to forget about foot care.

Taking care of your feet is especially important in the winter, podiatrists say.

"During the winter, our feet are cooped up in heavy socks and shoes and may be extra dry due to the lack of moisture in the air," said Dr. Leslie Campbell, member of the American Podiatric Medical Association.

What's the remedy for dry feet in the winter? Follow this at-home treatment, recommended by the foot experts at the APMA, and your feet will be winter-fabulous.

1. Prepare to pamper. Remove nail polish and stimulate foot circulation by propping one foot at a time on your lap, slowly moving your thumbs from the top of your toes to the bottom of your heel and back. Then, cut toenails straight across with a nail clipper and smooth rough edges with an emery board.

2. Soothe your soles. Soak feet for at least five minutes in a container filled with warm water. Use a pumice stone or a foot file to gently smooth the skin around your heels, and the balls and sides of your feet.

Pat your feet dry, making sure to dry between each toe and loosen your joints by rotating your foot slowly at the ankle a



Stimulating circulation will put you one step closer to healthy feet this winter.

few times in each direction. Apply emollient-enriched lotion all over your feet to hydrate the skin and increase circulation. Then, gently push back cuticles with a cuticle pusher or manicure stick.

3. Add the finishing touches. Using soap and water, remove the moisturizer from your toenails and in between toes. Next, if your nails are healthy, feel free to splash on some color with the nail polish of your choice.

Before you go to bed, wrap cellophane around your feet. The cellophane will act as a sauna while locking in moisture. By morning, your feet will be smooth, soft and ready to go.

For more information on keeping your feet healthy, visit www.apma.org.