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When it comes to body care, the most neglected part is feet. Feet bear the whole weight of your body. This is the main reason that your foot problems can quickly lead to discomfort and affect your walk. If it continues, it can turn to knee, hip and back pain. Your feet are the mirror of your overall health. People prefer to use various foot products for the health of feet; however, it is not enough.

For the health of your foot, you just have to invest a bit time and thought into caring for your feet now can prevent them causing you pain later. A proper foot care treatment can help you to be healthy. Here are some tips to keep your feet healthy. Take a look here!

Soak in lukewarm water:

After finishing your work take your tired feet to the tub of lukewarm water. Soak them for at least ten minutes. If you use Dead Sea salts or scented bath crystals, it will be helpful to soothe sore joints and relax the muscles. From ancient times Dead Sea salts are used to relax and beautify the skin. Its use will cleanse your foot wounds and help to relieve pain.

Exfoliate dead skin:

For the fresh and healthy feet, foot scrubs perform an essential role. To make your own scrub, you can use a mixture of salts and your favorite oils. After soaking your feet into water apply the scrub made up from Dead Sea salt, Epsom salt, sweet almond oil and rosehip oil. Apply this scrub onto your feet and let it set for at least ten minutes. It will remove all the dead cells and help to rejuvenate the skin.

Moisturize and massage:

When you have done with soaking and scrubbing, now it is the time to show your feet some love. Apply moisturizer and massage gently. In this process you just have to rub the hydrating lotion into your feet. You have to start with the toes and working back to the ankle. Repeat the same motion on the sole. By the simple foot massage you will increase circulation, ease achy feet and improve your mood.

When you are in desperate need for a soothing session to calm your tired feet, you can follow the above mentioned foot treatment at home and feel relax. It is the best way to get comfort and tranquility. Some beauty products have launched some easy treatments for exfoliating and scrubbing foot.

If you are going through extreme dryness, foot pain or any other foot problems, Beautifoot pedipeel is the easiest and best treatment that can be used at home. By this treatment, you can naturally exfoliate the dry and cracked skin from your feet. Get to know more about this foot therapy visit them at: beautifoot.com.

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Beautifoot pedipeel is an easy, ninety minute treatment used at home, to naturally exfoliate the dry and cracked skin from your feet 5-7 days after application. It contains natural plant extracts that can make the older, drier skin to painlessly peel away to reveal healthy supple skin. Do visit them at: a http://beautifoot.com .

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