

1 Say goodbye to sore, cracked heels within as little as five days by regularly using an exfoliating, non-greasy balm such as Foot & Heel Balm Plus, \$11.95, DU'IT.

2 For a natural, moisturising balm that includes the anti-fungal action of manuka oil and other nourishing skin goodies, try Sole Food Foot Balm, \$22.85, Healed.

3 Soothe your feet and legs after a long, hot and busy day by massaging them with a cooling peppermint and citrus-infused product, Revitalizing Lotion, \$27.95, EO.

4 Wake up tired toes with a refreshing cream made using organic plant extracts and anti-fungal tea-tree oil, Mint & Desert Lime Foot Cream, \$45, Endota Spa Organic.

5 Banish rough and dry skin with the comforting and creamy La Source Extreme Foot Therapy, \$24.95, Crabtree & Evelyn.

6 Lock in moisture with nourishing lanolin and protect sore and dry feet, heels, legs, knees, hands or elbows with the dermatologically tested Heel Balm, Dry Cracked Heel Relief, \$13.95, Alpha Keri.

7 For a full-body treat, use an exfoliator on your hands and skin as well as your feet to reduce the build-up of dead skin cells and get super-soft skin all over. Try Magic Hands, Magic for Hands, Body and Feet, \$49.95, Nana May's.

8 An intensive, non-greasy cream that absorbs quickly means you won't slip around in your shoes and your heels will be soft, smooth and ready for strappy sandals in no time, Heel Balm Complex, \$14.95, NS-8. ▶

Bunion support and relief

One way to help slow down the development of painful bunions is to wear a flexible splint on your big toe at night, or inside closed shoes if it fits, Bunion Aid Splint, \$140, Hallufix.



the goods

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9 Smooth away calluses with an ergonomically designed and easy-to-use file, Nickel Foot File, \$14.95, Manicare.

10 Get super-shiny, beautifully buffed nails in minutes without using any polish with the two-sided Glossing Buffer Block, \$8.95, Creative Nail Design.

11 Effortlessly transform your feet in two weeks by popping on a pair of exfoliating socks, Intense Exfoliating Foot Pad, \$29.95, Milky Foot.

12 Keep these clever pedicure slides handy because they have built-in toe separators and a removable top strap that makes them just the thing for wearing after your pedicure, Pedicure Footwear, \$39.99, Keyah Design.

13 Use an electric callus remover to quickly eliminate rough skin and calluses, Foot Angel, \$99, Silkymit.

14 Massage the undersides of your feet to stimulate blood flow, remove tension and make your tootsies more flexible, Massage Ball, \$22.50, AOK.

15 Eliminate bacteria and fungus on hands and feet with a hygienic dropper, Fungus MD, \$19.95, Orly Premium.

16 Treat unsightly nails and stop discolouration with a handy pen applicator, Phytoneil, \$79.95, Bio Revive.

17 Place toe separators between your digits to make applying polish easier, Pedi-Pads, \$6.95, Mavala.

18 Whip your cuticles into shape with this professional tool, Angled Cuticle Pusher, \$11.50, Beauty Pro.

On the right foot

Increase the circulation in your lower limbs with the help of electric impulses under your feet. It will also relieve sore feet and aching legs, Circulation Booster, \$399, High Tech Health.



go to bhg.com.au for more foot-care solutions



bottoms up

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