



HEALING cracked heels



Cracked heels are a common problem. The cold air, dehydration and a lack of moisture, taking long hot baths, using harsh, drying soaps on feet or scrubbing feet dry can cause heels to dry out fast and crack. Nowadays, getting a pedicure is not always possible to give our feet the care it needs. So, it only makes sense to start tending to dry and cracked heels at home.

Here are some steps to follow to keep your heels looking and feeling soft and supple, and ready for sandals —

Soak and exfoliate

One might consider setting some time aside once a week after showering to treat their feet. The main objective of sulking is to soften calloused and dry feet. So, soaking feet in warm water for

10 to 15 minutes will allow for cracked fields to hydrate and make it easier to use pumice stone or foot file. A pumice stone, a light-yet abrasive stone, is used to remove dry skin and dead skin.

For an extra flair, one could try adding a few drops of their favourite essential oil into the water to soak their feet.

Regular moisturising

Daily moisturising is crucial for healing cracked fields. Doing so, keeps the skin hydrated and soft, preventing damage.

The right footwear

If the heels are constantly cracked despite taking measures, it may be worth reevaluating one's shoe collection. Certain pairs can aggravate the heels, particularly tighter shoes that tend to restrict movement or shoes that have a stiff heel counter (the slightly elevated part on the back of the shoe which might touch the ankle).

Just like skincare routine, it is just as important to invest in foot-care even after the cracks have healed. The best remedy for cracked heels is to prevent it in the first place and this can be done through regular moisturising and weekly exfoliating in both cold and warm weather. In doing so, one will always be ready to put their best foot forward!

By Puja Sarkar
Photo: LS Archive/ Sazzad Ibne Sayed

#HEALTH & FITNESS

HOME REMEDIES for brittle nails

Like hair fall and skin issues, an improper diet and a lack of nutrients contributes to brittle nails. A balanced nutrient-rich diet would be beneficial for making nails stronger and healthier.

Nail care is a part of self-care. Taking about 10 minutes daily to nourish the nails will not only add to the beauty of one's hand but also make one feel healthy and confident!

Often times, our nails lack moisture becoming dry and brittle due to repeated washing and drying of



Vitamin E oil massage

Vitamin E oil works as an effective cure for brittle nails proving a boost of moisturisation and hydration, and also noticing nail cuticles.

No biting!

Biting nails makes nails weaker and more prone to breaking. Putting a Band-Aid or tape around each nail or applying nail polish with a bitter taste should prevent one from biting.

Nail care

Keeping nails clean to prevent infections and dirt accumulation aids nail growth. Never leave nails wet as wet nails are more susceptible to infection.

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finger nails. However, soft and brittle nails which break easily, are caused by too much moisture being overexposed to detergents, cleaners, and sometimes, even nail polish remover.

For those who experience slow nail growth, brittle nails, nail breakage and splitting, here are some natural, home remedies for healthy and strong nails —

Coconut oil and honey

Combining three teaspoons of coconut oil and one teaspoon of honey, it needs to be warmed in the microwave for about 20 seconds. Soaking nails in this mixture for about 10 minutes daily or letting the mixture soak overnight wearing cotton gloves is an effective natural overnight treatment. This could be done for a month before results appear.

Olive oil and lemon

Soaking nails in a mixture of three tablespoons of olive oil and one tablespoon of lemon juice for 10 minutes daily is one of the best natural ways to grow and strengthen nails. Applying only warm olive oil to the end of the nails is also effective.

Moisturise

Dry and brittle nails break easily. Moisturising nails with tea tree oil, almond oil, jojoba oil, flaxseed oil, pumpkin seed oil, or vitamin E oil daily for about 10 minutes makes nails stronger, preventing them from breaking.

