

Jeanne's Ramblings

<http://jeannesramblings.com/2010/06/smooth-soles-for-summer-giveaway.html>

Smother Soles For Summer & Giveaway

Now that summer will officially be here in ten days, it is a must to have smooth soles while wearing your sandals. Who wants to see dry, cracked heels? [Kerasal](#) has four categories of products to help your feet look the best they can be:

- One Step Exfoliating Moisturizer Therapy- which is what we used
- Callus Removal Devices
- Enhanced Extra Strength Moisturizer Therapy
- DF Diabetic Formulas

The most important thing you can do to keep your feet healthy is to keep them clean and dry them completely before putting on any socks or shoes. That means in between your toes too! Always try to let your shoes air out after wearing or wear different shoes each day to make it easy. To keep your feet soft and smooth, you need to make sure they are moisturized and get rid of dead skin. Most people will exfoliate and then apply a lotion but Kerasal does both- that means you save time. It exfoliates, moisturizes, softens and prevents calluses, and stops scaling and cracking.

I had MH use this, since his feet get really bad, sometimes bleeding. He wears work boots for at least 12 hours a day, which causes his feet to sweat and stink. After his shower, I applied the ointment to one heel and left the other alone so we could see the difference. I must note, it is recommended to use it at night and wear socks for it to work the best. You don't need to use much, a little goes a long way. Here is a photo of MH's feet, one without anything, the other using Kerasal.



Can you tell the difference? Please disregard the dirt on his foot, since he went walking around outside before I got the picture. So you can see it does work, very well actually. You can get a

\$1.00 off coupon at their website and try it out for yourself. It comes in two sizes- 15 gm and 30 gm, and can be purchased at many retailers, like Walmart, Rite Aid, and Safeway.