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Kerasal: Keep Your Feet Smooth and Soft

By Jessica Eckert

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Kerasal will help your feet feel smooth and soft. They offer a full line of products geared towards repairing cracked skin on heels and moisturizing dry feet. Damaged, dry skin on your feet may make you want to hide your feet in tennis shoes all year-long, but Kerasal can help restore your confidence when you slip into a pair of strappy heels, sandals, or flip-flops.



Causes of Dry or Cracked Feet

Cracked and dry heels or feet are caused by the skin of the foot drying out. Cracking commonly occurs on the bottoms or heels of the feet. When the skin of the foot becomes too dry, splitting may occur. This can lead to open wounds on the feet, which could become infected without proper treatment. Individuals with diabetes are at a higher risk for developing cracked feet because the condition can cause dry skin. Kerasal offers a full line of products for individuals with diabetes, including a foaming cleanser and moisturizing lotion. Try [Kerasal Foaming Foot Cleanser](#), \$7.99, at [Hard To Find Brands](#).

Prevention

Avoid showering in water that is too hot, as it can cause your skin to dry out. Eat a well-balanced healthy diet and drink plenty of water to stay hydrated. If your shoes are rubbing your feet or slipping off when you walk, switch to a new pair that fits you comfortably. Constant friction caused by ill-fitting shoes can result in calluses on your feet. Apply a moisturizing lotion daily to keep the skin of your feet hydrated.

Treatment Options

If you notice calluses on your feet, consider using an exfoliating ointment. Try [Kerasal One Step Exfoliating Moisturizer Therapy Foot Ointment](#), \$9.99, Walgreens. It is approved by the American Podiatric Medical Association and features salicylic acid and urea. These ingredients help soften calluses and moisturize the skin. Before applying the cream, consider using a pumice paste or pumice stone to remove rough patches of skin or calluses. For best results, wear cotton socks after applying the product. If used daily, results are usually seen in three to seven days.

For treating feet with mild to moderate dryness or cracking, apply a moisturizing foot lotion. Wash and dry your feet before applying the product. Massage the lotion into the skin of your feet every day. Using the product daily will help your feet stay moisturized and will help prevent dry, cracked skin. Try [Kerasal AL Daily Foot Lotion](#), \$7.41, amazon.com.

[Kerasal](#) products can be found in local drugstores, grocery stores, and through online retailers.

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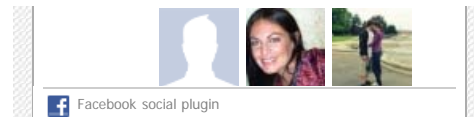
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