

# From *Flip-Flops* to *Stilettos* in 3 Easy Steps

NYC podiatrist Dr. Hillary Brenner shares her secrets on getting your summer weary feet back in shape for fall.



BSJ: We need serious help since razors have been outlawed in nail salons! How do you get rid of calluses on your heels after wearing flip-flops all summer?

**1.** Twice a week, soak your feet for 10 minutes in Epsom salt. Epsom salt will help decrease swelling, soreness and deep clean the skin therefore decreasing the risk for fungal/bacterial infections.

**2.** After soaking your feet remove the calluses by using a pumice stone. Another option is to use an exfoliate scrub such as St. Ives apricot scrub. Never use a razor at home which can remove too much skin therefore making the feet prone to infection.

**3.** Lastly, apply a rich hydrating cream such as Dr. Brenner's Rx Hydration which will soften and restore moisture to dry, cracked, callused heels. The cream should be used in the morning and at night. For additional moisture, wear cotton socks to bed after applying cream.

\*Dr. Hillary Brenner can also perform a chemical peel at her New York City office which will leave your feet baby soft and free of calluses. The chemical peel is pain free and takes less than 2 minutes.

For more information visit Dr. Brenner's website at: [www.drbrennersrx.com](http://www.drbrennersrx.com)

