

**Client: WeStyleAsia.Com**

## **5 DIY Foot Mask For Smooth Feet**

*These feet were made for walkin'*

Cracked heels, calluses and hard patches on your feet can become a nuisance once they start hurting. We should seriously start making foot care our priority as it literally the first part of our body that hits the ground running, daily. It takes our weight, uncomfortable shoes and those who go bare feet may pick up germs along the way so they definitely need to have a pamper session once in a while.

We have listed 5 DIY Foots Masks and scrubs that you can make and store for daily to weekly use!

### **1) Exfoliating Mask for Baby Bum Like Feet**



Image Source: <https://www.pexels.com/photo/human-feet-on-white-sand-during-daytime-69198/>

This scrub will slough off dead and harden skin, leaving your feet feeling fresh and clean after a long day in shoes. This is what you will be needing:

- A large basin enough to soak your feet
- 3 tablespoons of Oatmeal
- 2 tablespoons of Brown Sugar
- ½ Lemon
- 3 Tablespoons of Honey
- Plastic bags to wrap your feet in

Blend the oatmeal and brown sugar well with 3 tablespoon of water. Remember that it is a scrub so it needs to be thick so avoid putting in too much water. After that, add in the lemon and honey. Mix well and separate the paste into two plastic bags. This can be any bags that you are able to fit your foot in. Scrub the concoction onto your feet and place them into the bags.

Allow it to sit for 20 minutes before rinsing off with warm water. Moisturize your feet well your regular lotion.

## 2) Overnight Foot Mask for Soft Feet



Image Source: <https://www.pexels.com/photo/christmas-couch-feet-girl-85842/>

This is a simple hack that will leave your rough feet feeling super soft the next morning! All you are going to need is:

- coconut oil
- old socks (preferably ones that you do not want to use anymore)

Massage the coconut oil onto your feet and cover them with your socks. Next morning, you will notice that the oil has been absorbed and your feet will feel like a million bucks!

### 3) Antibacterial Foot Soak for Clean Feet



Image Source: <https://www.pexels.com/photo/black-under-amour-sneakers-163535/>

We have all been there at one point. Running around with shoes on for hours and sometimes having to go barefoot in random places (We're Asians, it happens). Our feet are bound to pick up germs that just stick and as a result give you really bad odour. This mix will help rid those slimy germs and keep your feet squeaky clean, especially for those struggling with athlete's foot

You are going to need:

- A basin large enough to soak your feet
- Salt
- Lemon
- Dettol

There is no specific amount of each ingredient that you should put in. As long as the water reaches up to your ankles, you are good to go!

Wash your feet with regular soap before soaking. Fill the basin with warm water. The hotter the better but do not burn yourself. Add in the salt, lemon and two caps of Dettol into the mixture. If you have cuts on your feet, let it be known that it is going to sting! Place your clean feet into the mix and chill for 20 minutes before rinsing off with water. Repeat this daily until you rid the odour off your feet.

#### 4) Daily Foot Scrub for Fresh Feet



Image Source: <https://thebestorganicskincare.com/diy-cooling-cleansing-foot-scrub>

This is something that you can store in your bathroom and use whenever you are taking a shower. This will ensure your feet are bacteria free and super soft as well!

You will need:

- A jar of any size
- Salt
- Coconut oil

Simple fill the jar with salt and add in coconut oil. Since this is meant to be a scrub, ensure that you do not add it too much oil and over dilute the mixture. Mix the two ingredients well and that is all! You can use this to slough off dead skin every day. Since of feet take the brunt of our daily routines, it should get the treatment it deserves!

## 5) Moisturizing foot mask for Silky Feet



Image Source: <https://www.pexels.com/photo/feet-toes-limbs-legs-57654/>

Dry feet can be a nuisance! It looks bad and sometimes it hurts. For some, rubbing lotion on does not really help so you can opt for an all-natural foot mask instead. You will need:

- Cucumbers
- Aloe Vera
- Plastic Bags to fit your feet in

There is no specific amount of ingredients that you will need, slice up as many cucumbers you feel will coat your entire foot. Blend the cucumbers well with aloe vera gel. If you have difficulty obtaining the aloe vera plant, you may get the ones off the shelf.

Massage the mixture onto your clean feet and let it sit in the plastic bag for an hour before rinsing off. Repeat this daily with after using a scrub until you get the desired results.

Ensure that you do these a minimum of 3 times a week to ensure your feet are bacteria free. You can always experiment with different types of ingredients such as strawberries, papaya or even spices!