

THE COMPLETE FOOT CARE GUIDE

Simple Daily Habits for Healthy, Comfortable & Well-Cared-For Feet

By **NovaForge**



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Give Dry Skin the Moisture It Needs

Moisturizing can help reduce dryness and improve the feel of rough skin.

When Should You Moisturize?

A convenient time is after washing and thoroughly drying your feet.

You can also moisturize before bed as part of a relaxing evening routine.

How to Apply

1. Use a small amount of moisturizer.
2. Massage it gently into dry areas.
3. Pay special attention to the heels and other dry areas.
4. Avoid applying heavy moisturizer between the toes unless a healthcare professional recommends it.

Choose Simplicity

You don't need a shelf full of products.

A basic, suitable foot moisturizer used consistently can be enough for everyday care.

14 — 7-DAY FOOT-CARE CHALLENGE

Seven Days of Better Habits

DAY 1 — CLEAN

Give your feet a gentle, thorough wash and dry them carefully.

DAY 2 — MOISTURIZE

Start a simple moisturizing routine.

DAY 3 — CHECK

Take a few minutes to look at your skin, heels, and nails.

DAY 4 — SOCKS

Check your socks and choose clean, comfortable ones.

DAY 5 — SHOES

Think about which shoes feel comfortable and which cause rubbing or pressure.

DAY 6 — NIGHT ROUTINE

Spend 5–10 minutes on your evening foot-care routine.

DAY 7 — REVIEW

Look back at the week and choose the habits you want to continue.

Your Goal

Don't aim for perfection.

Aim for consistency.

This preview shows selected pages from the full guide.

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