

**THE CAUSE**

Your feet are prone to dryness for a few reasons. They have only sweat glands, not oil glands, according to Ava Shamban, MD, a Beverly Hills-based dermatologist. As such, they also endure constant sweating and then drying, which causes skin to crack, she says. Plus, your skin has a hard time staying moisturized as it ages. So basically, your feet are in need of a pampering session, stat!

**ROUGH FEET**

Dry, cracked feet are never a good look (or feel!). It's time for a little TLC that will take your soles from tough and rough to silky soft.

**3 STEPS TO SMOOTH**

To soften your feet, follow this routine weekly—but moisturize (see step 3) as often as you can. Trust us, your feet will thank you!

- ① Start with a 20-minute soak. Fill the tub with warm water and add at least half a cup of kosher or Epsom salt. You can try Dr Teal's Moisturizing Foot Soak ([walmart.com](http://walmart.com), \$4). The saline water will help draw out impurities.
- ② While feet are still wet, remove dead skin by exfoliating with a pumice stone or an exfoliating scrub, like Earth Therapeutics Cooling Foot Scrub ([ulta.com](http://ulta.com), \$9).
- ③ Apply a foot cream before bed to instantly boost moisture. To remove rough patches, go for one with lactic acid, like Ahava Dermud Intensive Foot Cream ([ahava.com](http://ahava.com), \$29). It also helps strengthen skin to prevent future cracking.

**TREAT CALLUSES**

You can credit friction from tight-fitting shoes for these thick-skinned spots. Instead of going to town on them with a pumice stone, do a daily application of a cream that contains urea, which quickly breaks down calluses and softens. Try Eucerin Roughness Relief Spot Treatment ([cvs.com](http://cvs.com), \$7).

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