

# Treat cracked heels in 3 super simple and effective ways

Simple but effective, 3 ways to treat the following cracked heels will help you find soft, smooth and pinky heels ...

Cracked heels make you uncomfortable and feel unconfident? Do not worry! With only 3 **ways to treat** simple but effective **heel crack** below, all your problems will be solved.

## Quick review of content

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## What is the cause of heel fracture?

Heel cracking occurs when a heel skin loses its elasticity and gradually dies. Normally, heel cracking only affects aesthetics, but if you encounter favorable conditions such as changing weather, dry weather, . it can lead to pain, bleeding, even hindering travel activities. There are many causes of heel cracking such as:

1. The heel of the skin is dry, and is under high pressure for a long time (for example, when standing or walking for too long, .)
2. Due to the use of strong detergent soap, overheating baths, soaking your feet in hot water for too long or drying your feet at high temperatures
3. Hard footwear, without support pads, causes the heel to crack
4. Cracked heel due to some diseases such as hypothyroidism, psoriasis, dermatitis, diabetes, .

## 3 ways to treat home heel fractures simple, economical and effective

### How to treat heel cracking with coconut oil and salt

Coconut oil is one of the natural ingredients that helps **treat heel cracking** effectively. In addition to the ability to remove dead skin, coconut oil also helps balance moisture, provides nutrients to the skin, stimulates new skin

formation, reconnects broken skin.

**Raw materials:** Warm water, salt, coconut oil

**Proceed:**

Step 1: Mix salt and warm water and soak your feet for about 10 minutes. Warm salt water will help your heels softer and soothe aches and pains.

Step 2: Dry your legs then apply a sufficient amount of coconut oil on your heel. Use your fingers to gently massage the nutrients in coconut oil to penetrate better. Each week you can apply this method from 1-3 times depending on the degree of severe or mild heel crack.



Cure cracked heels simply with coconut oil and salt

### **Cure cracked heels with honey and lemon**

Just spend a few thousand VND to buy honey and lemon, you will have an effective **treatment for cracked heel**. Honey contains many minerals, vitamins have antibacterial, moisturizing and softening properties. Lemon contains a lot of vitamin C to help remove the outer hard skin and lighten the skin.

**Ingredients:** Warm water, lemon juice and honey

**Proceed:**

Step 1: Wash your feet to remove dirt

Step 2: Pour a small amount of honey into warm water then add a few drops of lemon juice, stir well.

Step 3: Soak your feet in medium water for about 10 minutes then wipe dry with a clean towel. Make every week 1-3 times to get the best effect.



Honey, lemon - raw materials for effective cracked heels at home

### **How to treat leg cracking with an exfoliant**

The exfoliator can remove hard skin from the heel quickly by grinding heads. Compared to natural ingredients, the cost of buying a heel scrubber is more expensive but in return you can use it many times and **treat the heel crack** quickly and efficiently without too much preparation. naughty.

#### **Proceed:**

Step 1: Wash your feet with clean water then wipe dry with a soft towel

Step 2: Turn on the heel exfoliator, select the appropriate mode and then put the machine back and forth on the area of ??the heel to be treated.

Step 3: Wash your feet with clean water and then apply more suitable products to moisturize and condition the skin.



Quickly crack the heel with a heel exfoliator

**Note:**

1. Do not rub your heels too hard
2. Only use the device from 1-2 times a week to get the best results
3. Should learn carefully to buy a suitable heel exfoliating machine

Some typical heel exfoliation tools that you can refer to:

1. Rio PEDI2 Exfoliation Machine - Price 720,000 VND
2. Lanaform Pedila LA131505 heel removal machine - Price 750,000
3. Lanaform Dolce LA131503 heel dead skin cleaning machine - Price 1,150,000 VND

Hopefully 3 ways to treat the cracked heels that we share will help you. Visit [META.vn](https://META.vn) for advice and order the best heel exfoliation.

**>>> More references:**

1. How to exfoliate good lips, the simplest?
2. How to make an exfoliating mask from natural ingredients for all skin types

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