



# **SICK + TIRED OF DRY, BLISTERING FEET?**

Follow our staff tips below to get your feet back to baby soft!



## **1. EXFOLIATE**

Use a foot file after showering to gently remove dead skin and calluses. This not only helps your feet look and feel smoother, but it also prevents painful cracks and blisters from forming!

Can be found at local chemists, grocery stores or online!



## **2. HEEL BALM**

Apply Dermal Therapy's Heel Balm to clean, dry feet after exfoliating, and rinsing away any dead skin. This helps to deeply moisturise and restore rough, dry skin, leaving your heels soft and replenished



## **3. TOUGH HANDS (AND FEET)**

DU'IT Tough Hands isn't just for hands - it's packed with ingredients that nourish and strengthen skin, helping prevent tears and dryness on your feet. This all-in-one solution also helps to improve skin resilience, repair cracks, and protect against further damage from friction.

**Use these tools/products frequently to build stronger, more resilient skin that can handle your toughest training days!**