

➔ Good for your sole

Turns out that what's good for your face is definitely good for your feet. Think microdermabrasion, fillers, exfoliation—even purifying masks!

BY ALLISON AVERY



- 1 Perk up tired feet with **The Body Shop's Peppermint Purifying Foot Mask** (\$17; TheBodyShop.com). It contains clay to absorb toxins from your skin and make your feet superclean. Plus, this mask refreshes with peppermint oil.
- 2 **Avon Foot Works' Watermelon Exfoliating Foot Scrub** (\$3.99, Avon.com), made from watermelon-seed powder and extract, will leave your feet extrasoft and smelling delicious, too.
- 3 Soothe cracked heels (which can lead to infections, if not treated) with **True Blue Spa's Heel of Approval** (\$15; BathAndBodyWorks.com). It contains glycolic acid, which will help tackle any dead skin cells, and shea butter to provide deep-down moisture.
- 4 After a long day in heels, treat your feet to **Dr. Weil for Origins' The Way of the Bath Matcha Tea Soak** (\$45; Origins.com). With antioxidants and Japanese sea salts, it's sure to refresh your feet. (It won't hurt your sanity, either.)
- 5 If your soles snag on the sheets when you slide into bed, buff away calluses and dry skin with the **Artemis Woman Pedi-Buffer** (\$19.99; ArtemisWoman.com), a pedicure "power tool" that uses a rotating tip made of aluminum oxide crystals.
- 6 Soak up some sweat (your feet produce about 1 cup of perspiration a day) with **Earth Therapeutics' Portable Clean + Cool Foot Wipes** (\$5.99 for 15 sheets; EarthTherapeutics.com), made with antibacterial tea tree oil and cooling mint.

Botox for your feet?

You can "plump up" your feet, just as you would fill lines in your face. "A filler like Restylane can be injected under the balls of feet to help absorb some of the shock," says podiatrist Lena Blanco, DPM, of Hackensack University Medical Center. Treatments (around \$500) last three to six months.

Another treat: "Microdermabrasion is great for feet after a long summer of wearing open shoes," Blanco says. Treatments cost \$150 to \$500.

Photo: Francesco Mosto