

Published based on [Tips to Having Healthy Hands and Feet](#)

Tips to Having Healthy Hands and Feet

Even though summer is over and we won't be walking around in sandals and flip flops that doesn't mean we should stop taking care of our feet. And once the weather cools off and those cold winds blow our hands will begin to dry out and crack. There are several things you can do to keep your hands and feet healthy and beautiful.

One of the best things you can do for your hands is to wear rubber gloves when you're cleaning. Harsh chemicals are not only bad for your skin but they can be absorbed through the skin and into your blood stream. It's also important to wear gloves while you're gardening or working outside. Gloves will protect your skin and prevent injuries.

The skin on our hands can age just like the skin on our faces. It can get sun damage, wrinkle and develop unsightly spots. Apply a sunscreen with at least an SPF of 15 before you leave the house.

Taking care of your hands means also taking care of your nails. Keep them in good shape by keeping them at a good length that works for you. You don't have to have your nails done professionally to keep them looking nice. When filing your nails make sure you only file them in one direction, not back and forth. The back and forth motion can cause your nails to split and break. And lastly before you go to bed moisturize your hands with your favorite moisturizer. If your hands are especially dry you can cover them with mitts or clean socks to help the moisturizer from getting wiped off while you sleep.

Feet take a beating every day. Our feet can get calloused and the skin can crack. Every day it's important to wash your feet in warm water with a mild soap. When you're finished dry your feet well, especially between the toes. Look at your feet and take notice of any crack or sore. If you find a sore or crack in the skin you can treat it with tea tree oil to prevent infection. You can purchase tea tree oil at your local health food store.

Always make sure to wear shoes or other protective footwear when you're outside. If you shower at your local gym make sure to wear flip flops so you don't contract any fungal diseases. If you think you have athlete's foot take care of it immediately. You don't want it to spread to someone else. Just like with your hands, moisturize your feet at night before bed.

You can also use a sugar scrub to lightly exfoliate your skin on both your hands and feet. Just remember that your hands are much more sensitive than your feet are so rub lightly on your hands. Always follow up with a moisturizer. If you follow the above tips you'll have beautiful hands and feet no matter what the season!

Make sure to check out the rest of our blog (it starts below this article if you are on the main blog page). We will keep you up to date on some of the latest health and fitness news as well as anything else that strikes our fancy. Thanks for visiting and have a healthy day!

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