FITNESS & BEAUTY

Don’t Spend Money on Pedicures- These 2 Ingredients from Your Kitchen Can Make Your Feet Look Beautiful

By bestfolkmedicine · 25/10/2018 · 1 min read

Poor hygiene and unhealthy diet can have a negative effect on the feet and they can easily become cracked, dry, etc. and thus, reduce the quality of life due to disabled movement and body support. Even though beauty salons offer pedicures, not everyone is able to afford them. Luckily, there is a natural treatment that you can prepare at home and it will maintain your feet soft and healthy.

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Let’s take a look at the recipe now:

2 to 4 cups of milk

3 tbsp of baking soda

Preparation: Warm up the milk first and then transfer it into a pedicure bowl and add the baking soda. Stir the content and then soak the feet for 10 minutes. Afterwards, rinse them with warm water and tap dry them with a towel. At the end, apply a foot cream.

For optimal results, repeat the procedure daily.

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