

Around and  
Upside down



Footner exfoliating socks (available in Boots) are little plastic 'socks' you pop on your feet and sit there for an hour. I put them on at the start of a 1 hour TV programme so I wouldn't have to clock watch. You then take them off and wash your feet off. At this stage there was no real difference, but within about 5 days the skin started peeling off my feet. I gave them a good hose down at shower time each day to get rid of the excess skin, and by the time the skin had stopped coming off I really did have baby soft feet. I've kept them baby soft with Ishiso Dry2Alive, which is a rich and creamy lotion perfect for tougher areas such as feet, knees and elbows.