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Sore feet are most of the time a result of lack of attention and care that you give to your feet. If you will only give attention and tender loving care to your feet, then your feet will experience a very good feeling and it will be away from any kind of pain. If you want to ensure that your feet will serve faithful service to you, you also need to give back appreciation to your feet. The skin of the feet is thicker than any part of your body in order to ensure that it is protected against any strain and stress that you put under on your feet.

According to feet specialist the feet absorbs four times of the body weight when you touch the ground. For an average lifetime, your feet walk the distance that is equivalent four times touring around the earth. So it is normal that your feet sometimes feel tired and worn out because this is the nous used part of the body. Feet also have72, 000 nerve endings so they need some care and attention from you. Here is how you can take good care of your feet to avoid soreness.

Scrub it nicely- one of the most important things that you can do for your feet is for you to give it a nice scrub. It is not good to juts give your feet a quick bath because your feet need a scrub that it deserve after long day of work. It is better if you will use a brush to scrub your feet instead of using a sponge. Scrubbing the feet can help to stop the accumulation of calluses as well as hard skin. After you have given your feet a nice scrub, then the next thing that you need to do is to use a moisturizing lotion. You need a lotion with vitamin E oil or a Shea butter which is best for nourishing your skin.

Regularly Feet Massage- giving a regular massage to your feet can help in bringing your tired feet back to life. You can hire someone to do the massage for you or you can do it yourself. If you wish to massage your own feet, then you need to start by cleaning your feet with the use of cotton wool pad that is soaked in lavender oil or used orange blossom water. These ingredients both have antiseptic properties as well as refreshing effect to your feet. After that you need to apply a moisturizing cream on your palm and work it gently on your feet. Do this with firmer strokes from your ankle and to your toes using both hands. You can make use of your thumb for massaging the top of your foot, then your fingers to massage your soles.

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If you want to take good care of your feet to avoid a sore feet then you can contact a http://www.footankle.com/ to know how to deal with different foot problems.

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