

REMEDIES FOR

CRACKED

HEELS

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Cracked heels are a common condition that can be bothersome and uncomfortable. In some cases, it can even cause pain if the skin around the heel area tears and bleeds.

According to Lim Yuanshuang, cracked heels can develop due to dry skin. Hence, it is a common issue experienced by older people.

“As we get older, our skin does not produce as much sebum. That’s why, our skin becomes dry and we may develop cracked heels,” she explains.

Going through a change of weather, for example if you move to another country that has a very different climate, can also trigger dry skin, which in turn can also lead to cracked heels.

If you have cracked heels, Yuanshang goes on to share a few easy remedies you can try at home.

**LIM YUANSHUANG**Podiatrist
FootDoctor Podiatry

MOISTURISE, MOISTURISE, MOISTURISE!

Cracked heels are relatively easy to treat—the key is to **moisturise daily!**

The best time to moisturise your feet is at night before going to bed.

There are plenty of moisturisers, foot creams or heel creams available for purchase in pharmacies or beauty supply stores. Yuanshuang says that any moisturiser would work well, so pick one that suits you best.

“You can also use body moisturisers or petroleum jelly on your feet. If you don’t like the sticky feel of heavy creams, try using coconut oil. Coconut oil has a light texture, absorbs quickly into the skin and is very moisturising,” she says.

For those with very dry skin and severe cracked heels, Yuanshuang recommends using heel cream that contains up to 40% urea.

WEAR SOCKS TO BED

“Wearing socks when you sleep, especially if you sleep in a dry air-conditioned environment, helps to maintain the moisture of the cream you’ve applied and protect your feet from dry air,” Yuanshuang explains.

HOW TO PREVENT CRACKED HEELS FROM HAPPENING TO YOU

Yuanshuang shares that **wearing closed shoes** as often as you can will help with this. “Closed shoes help keep the feet away from dust and sand that may rub on your feet and worsen dry skin. If you’re at home, wear socks or home slippers.”