



# More

## Fabulous feet

## Youth Zone

1. Soak feet in warm water for at least 10 minutes.
2. Use a lovely shower gel to get them really clean.
3. Make a homemade foot scrub from olive oil and salt.
4. Push cuticles back and scrape any dirt from under the nails.
5. Trim and file your nails.
6. Paint your nails with a fab colour if you wish.
7. Massage your feet with moisturising cream for at least 10 minutes.

### **Nobody likes minging feet!**

**Our feet work hard for us. All feet deserve a treat.**

- Nearly a quarter of all bones in our bodies are in our feet.
- Feet are the most ticklish part of your body.
- Feet are capable of producing half a pint of sweat in a single day!
- Feet are your natural shock absorbers
- The average person walks 110,000 miles in their lifetime.
- It takes 12-18 months for a toenail to completely regrow.
- When running, your feet take up to five times your weight.



**Barnardos**