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## Top Treatments for Road-Wear Peders

By LEAH PIETRUSIAK Wednesday, Nov. 12, 2008

Peppermint Cooling Foot Heaven Gift Set (The Body Shop)



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With corporate lay-offs looming, lots of companies are grounding all but essential travel. But that doesn't necessarily mean your feet get a vacation — you might find yourself pounding the pavement just to keep the shoes you've got on. Keep your hooves happy — and smelling sweet with success — with these remedies, on the road or at home.

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**Peppermint Cooling Foot Heaven Gift Set**

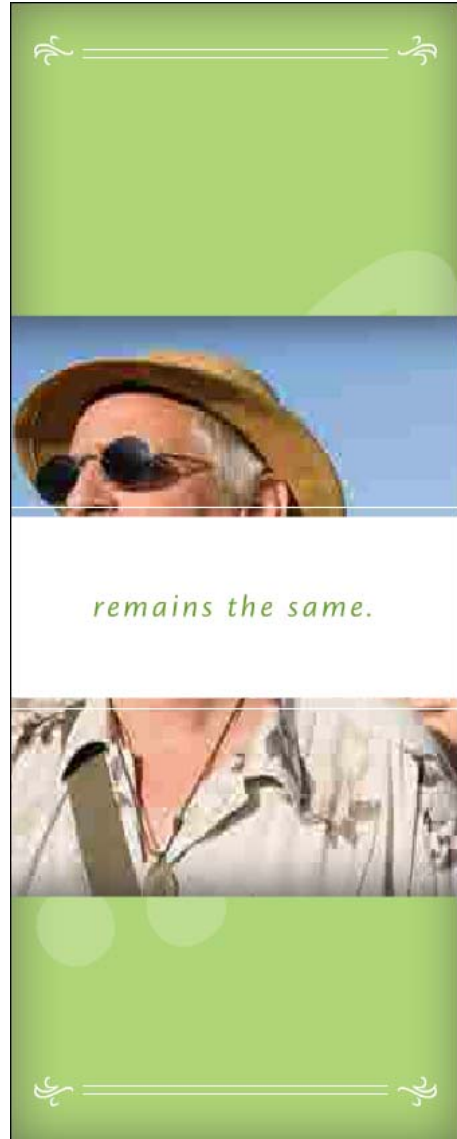
The Body Shop packages some of its peppermint foot products in the travel-sized **Peppermint Cooling Foot Heaven gift set** for just \$20, which is a pretty good deal.

It comes with a potent pumice scrub and a Cooling Foot Spray that will chill you out just enough. There's also a wooden foot file and two toe separators for pedicures on-the-go. But if I had to pick one of these products to bring on the road, it would be the Peppermint Cooling Foot Lotion. It's the perfect consistency for a satisfying rub-down, and while I didn't see it listed in the

ingredients, one veteran saleswoman said it contains arnica to relieve pain. I believe her. After slathering the lotion on, my feet got a serious case of the limpies. *Price: \$20*



**Masada Dead Sea Mineral Salt Packets**



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If you can't dip your dogs straight into the curative waters of the Dead Sea, **Masada Dead Sea Mineral Soaking Salts** will bring the healing to you. The soaking salts come in handy travel-size packets, so you can soothe your aching feet — and even treats athlete's foot — in your hotel tub. (Better yet, for your own home-bathroom spa, try Masada's **Relaxing Foot Bath kit**, which comes with a jar of minty antibacterial foot cream, two packs of soaking salts and a surprisingly luxurious inflatable foot bath, with a pump.) The salts come in four varieties, including eucalyptus, which is supposed to draw out toxins. I don't know if it did, but I was pleased that it did battle with my calluses. *Price: less than \$3 each for soaking salts; \$33 for foot bath.*



**Save My Feet Blister Elixir**

The shoes that look the best sometimes hurt the worst. To defend against blisters and uncomfortable friction, grab a bottle of **Save My Feet Blister Elixir** — it'll do just that. Just dab a bit wherever you predict pain and let it dry for 10 minutes; the combination of skin protectants (allantoin and dimethicone) will thwart rubbage for eight hours, and won't stain your socks or stockings. It has a light and fresh scent, almost like suntan lotion, and is perfect for breaking in new shoes — boots, flip-flops and everything in

between. If you're a heel hound, **Party Shoe Elixir** pumps up the protection. *Price: \$20 for either Elixir*



**Weleda Foot Balm**

If the reek of your feet won't be defeated by routine washing, clean socks or even new shoes, **Weleda Foot Balm** may be the antifunk weapon for you. I first tried it because the company, named for a Germanic healer and priestess, claimed that the myrrh ingredient had antibacterial qualities. I kept using it because of its light lemongrass smell — and because it absorbs quickly, so you don't have to worry about slip-sliding away on the bathroom floor. And now my feet don't stink. *Price: \$10*




**Tea Tree Foot Powder and Spray**

For intense reekage (of my Adidas gym shoes, for instance, which have been properly funktified after many a sockless summer) opt for a product with tea tree oil, a natural antiseptic. **Thursday Plantation** — which is based in Australia, home to the *Melaleuca* plant from which tea tree oil is derived — has a collection of antifungal products, including a deodorizing, talc-free foot powder, as well as a spray. Powders are messy but necessary for serious offenses; the spray is a better alternative for less heinous stink,

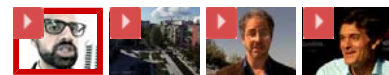
whether it's from shoes or feet. The products' aroma is pretty subdued for

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