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Step this way! Best products for your feet

OUR guide to the best products for foot health, chosen by Emma Supple, podiatrist at Supplefeet in Enfield, North London.

EMTRIX FUNGAL NAIL TREATMENT

£19.99, footcareuk.com Sold at Supplefeet

A FUNGAL nail infection can occur if there's a break in the seal in the nail plate — usually as a result of trauma — which allows fungus to get in, making the nail brittle and discoloured. This product contains lactic acid, a game-changer because it creates an acidic environment fungus is shown to dislike. You should see improvements within a week.



YOGA SANDALS

£75, (Sold at Supplefeet for between £39-45!)

ninelife.uk

THESE sandals — which have toe separators — allow your feet to spread out, which can alleviate the pain of bunions or Morton's neuroma (when a nerve is pinched, causing swelling).



FOOTPUMP SOCKS

£13.95, healthystep.co.uk Sold at Supplefeet

MEDICAL-GRADE compression ankle socks, these have a 'pocket' for the big toe, separate from the others, mirroring the foot's natural anatomy. They offer good compression, which will stop blood pooling in the lower limbs, potentially leading to a clot. They also ease swollen ankles, which are usually nothing to worry about but can be a sign of more serious issues such as cardiac failure, for which you would need to seek medical help.



HEEL FIX KIT

£34.95, healthystep.co.uk

THIS will help treat an injury such as plantar fasciitis (heel pain caused by increased exercising, inflaming the tendon that runs along the bottom of the foot) before seeking a clinical opinion. It includes an insole, a foot 'therapy ball', strapping and an instruction booklet. The strapping stabilises the tendon, while the spiky ball provides a deep-tissue massage. If you use this kit daily, you should see results within six weeks, as the makers claim.



CCS FOOTCARE CREAM

175ml, £7.99, boots.com

THIS cream contains urea, which will penetrate the hard skin on the feet caused by shoes rubbing. It can be used to soften skin before removing it with a pumice stone.



ADRIAN MONTI