How To Use Your Pumice Stone

1. Know Your Feet – Take a good look at your feet to find trouble areas. Got cracked heels or thick calluses? Perfect – your pumice stone will smooth them away. Got broken skin, sores, or blisters? Wait until they heal to avoid injury.

2. Soak – Your pumice stone will work best when your feet are wet. Bring your stone into the tub or shower with you, or go full “spa-treatment” and do a ten minute foot soak. This is a great time to get your pumice stone wet too – it will work best if you moisten it first.

3. Exfoliate: Gently rub your pumice stone on your problem areas using a circular motion. Don’t get caught up in trying to remove every bit of dry or dead skin on your feet. Instead, go slow, and just remove the top layer. This will stimulate better skin cell turnover and help to prevent injury. Be prepared to use your stone over several different exfoliating sessions if it’s been awhile since you last cared for your feet.

4. Almost Done: After exfoliating, gently dry your feet and apply your favorite moisturizer, or better yet apply some Bethany Bathhouse Bath.Body.Massage.TM Body oil or Shea WhipTM Body Butter. Rinse off your pumice stone and allow it to air dry.