



Runners Surprised By Callus Remover Results

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Wilmington, DE ? June 20, 2016 ?Calluses are widely perceived to be harmless. These thickened skin layers are even thought to help protect the skin. However, there are certain groups of people such as runners who may find having a callus bothersome than beneficial.

Electric Callus Remover brand Naressa has shared that many happy customers include runners and athletes. "Each week we learn of new happy customers who have had positive results from using our callus remover, many of these customers are ones who enjoy running," shared Naressa representative Natsha Edwards.

The good news is that the prevention and removal of callus are not as difficult as originally thought. When the thickened skin layers harden, they are prone to causing pain. They may also break the skin apart or cause ulceration, which exposes the skin to infections.

Calluses can be a runners worst nightmare. One of the common causes in the formation of calluses is the use of ill-fitting footwear. A callus develops when the skin is constantly exposed to friction and pressure. It is the body's response towards the pressure as a way of protecting the skin.

One of the things that runners need to ensure of is to prevent the callus from thickening or hardening.

Thickened callus can negatively affect their performance. When the skin cracks, it won't just be painful but also place them at risk of infection.

Athletes need to use the right size and fit of shoes to eliminate the source of pressure and friction. They should also use a moisturizer to soften and moisturize their skin. This can reduce the risk of callus formation.

An online community for runners, Runners World, shared some insightful tips and placed emphasis that many runners take the time to build muscular endurance, to eat well, keep hydrated and stretch, however often neglect their feet. Hal Higdon of Runners World pointed out that "Our feet have the absolute power to make running comfortable--or miserable. Our feet ache, blister, sweat, crack, peel, itch and smell. Our feet are essential."

Higdon identified several tips for runners to care for their feet. Of course aside from hygienic care runners shoe choice is imperative and they should also ensure that they use thicker socks. They should provide the attention their feet need to take care of them well.

There are also natural remedies such as soaking the feet with water that contains natural ingredients. This method can be extremely helpful to individuals who want to stay at home and have a relaxing foot pampering experience.

Runners may also seek the help of nail salon staffs. These people are adept at removing calluses safely and efficiently. However, they should also be wary about the threats involved in going to salons. They should ensure that the pedicurists use sanitized metal tools.

To avoid injuries, runners should refrain from using metal blades in eliminating their callus. They may use products such as the electric callus remover from Naressa that is designed to safely buff calluses. Runners can have a relaxing foot pampering experience at home with the use of this product. They won't be at risk of getting infections or injuries as it is designed to buff calluses safely.

What makes Naressa's electric callus remover beneficial is that it is easy and safe to use. There are many satisfied customers who gave the positive feedbacks for the product at amazon.com. (<http://www.amazon.com/electronic-foot-file/dp/B015GJDW18>).

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Naressa

Naressa offers high quality personal care items designed to help you look and feel your best. Our products are affordable and high quality getting you exceptional value for money.

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