



## 9 Calluses and cracked heels

**The fix** Before bed, rub a wart remover on calluses and slather Vaseline (or a thick moisturizer like Burt's Bees Coconut Foot Creme, \$9) over that, says Paul Jarrod Frank, M.D., director of the Fifth Avenue Dermatology, Surgery and Laser Center in New York City. Put on socks and sleep. Pumice off calluses in the morning when you shower.