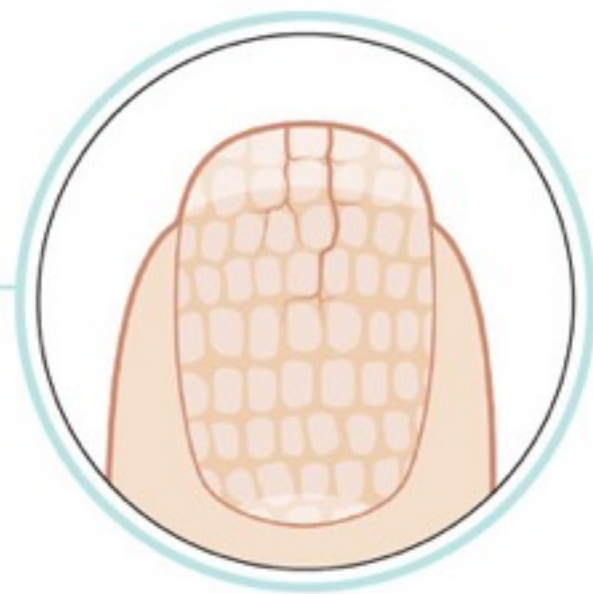


crack down on cracks

Those strappy sandals and flip-flops look pretty, but they're hell on your feet. "Open-backed shoes tend to put more pressure on our heels, so the outer layer of skin thickens with more dead cells," says podiatrist Megan Leahy, D.P.M., of the Illinois Bone & Joint Institute in Chicago. That thick skin isn't as stretchy, so it cracks easily. Rub a pumice stone or foot file over the area three times a week to remove dead skin buildup. Then apply a moisturizer with lactic acid or urea, like **Curél Foot Therapy Cream** (\$6, [drugstores](#)), to soften the skin even more.



nails don't love the water

"Nails are like sponges, constantly expanding and contracting when they're wet and dry," says Stern. "All that swelling and shrinking pulls the cells apart, causing cracks and brittleness." This can also make your polish chip off more easily. Use a protein-rich nail hardener like **Deborah Lippmann Hard Rock Nail Strengthening Base and Top Coat** (\$20, [Sephora](#)) to strengthen nails and fight cracks. And swipe on a top coat to protect your polish. OK, now you're ready to get out there and enjoy your prettiest season yet! ■