



NATURAL HEALTH

April 2007



warming trends
feet



AHA Body Silker
8.4 fl. oz.
BBS
\$32

AFTER SMOOTHING out your soles and eliminating cracks and fissures, continue to take care of your feet by applying an over-the-counter cream that contains an alpha hydroxy acid (AHA) like lactic acid or urea every day. "Lotions with AHAs prevent calluses and make skin look and feel healthy and smooth," says Hirsch. DHC AHA Body Silker (\$32; www.dhccare.com), which has hydrating olive oil and glycerin and *Smoothing Shea Butter Perfect Pedicure AHA Fruit Acid Foot Therapy Cream* (www.smoosbody.com), with soothing shea butter and antibacterial tea tree oil, both also contain natural AHAs that will gently dissolve dead skin cells and leave feet soft and tangle-free.

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