Repair in silicone gel socks to soften heels & rough spots

Brush Sally Hansen Cuticle Oil on nail beds to prevent picking hangnails

Slather Aquaphor in a cotton sock for your foot to soak in overnight

File toenails short to lessen urges to tear them short

Wear tights as a blocker

Slip rubber bands over your socks around your ankles to prevent fingers sneaking in

Try a foot peel like Baby Foot to shed dead skin

Look for flip flops that are quick dry & nonslip to lessen blister-inducing rubbing

Keep your tootsies cool with a fan or sans shoe to limit sweating, chafing, & heat rash

Use foot antiperspirant to control perspiration & Contact Dermatitis like Lume Invisible Cream Deodorant or Carpe

Fight infection with Antifungal or antibacterial crème if needed

Air out your shoes & feet regularly

Indulge in comfy house slippers or fuzzy socks to decrease barefoot temptations at home

Keep feet out of hand's reach by avoiding sitting cross-legged