

## Prevention

### Amazon Reviewers Are Obsessed With These 7 Callus Shavers

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Sunny days aside, the best part of summer is arguably the footwear. Who doesn't love the ease of slipping on a sandal? But, considering the harm we do to our feet—whether we're teetering around in heels or training for a 5K—they often need a little TLC before we can feel good about flaunting them.

Heading to your local salon for some pampering isn't always the solution, though. Not only can a pedi be pricey, it also carries potential health risks. If a salon uses unsanitary tools or doesn't regularly clean its footbaths, you could develop a fungal infection, hepatitis, or even boils, according to studies published in *Emerging Infectious Diseases* and the *Journal of the American Academy of Dermatology*.



As these terrifying truths have become more mainstream knowledge, at-home pedis have grown in popularity—right along with necessary grooming tools to do the job right. Callus shavers, heel peels, and other foot-refiners have been flying off the e-shelves—and there are tons to choose from. But bear in mind, some caution should be taken before using wielding one of these grooming tools.

First, while you may be tempted to remove all your unsightly dead skin, know that some of it actually protects your feet. "If there is a callus right under a bony prominence, it might be protecting that bone or joint," says [Ava Shmban](#), MD, a Beverly Hills-based dermatologist and founder of SKINxFIVE. If you remove that callus, "you might need an orthotic to take pressure off of the bone," she says.

Another important warning: Make sure the target of your removal measures isn't a wart. Try to file a wart away, and not only will you end up in pain, but you may spread the wart to other parts of your body. Look for "tiny black dots" inside the lump or mound, which signals a wart, Shmban says. (Here are the best home remedies to get rid of warts for good.)

Finally, if you're using an electric callus shaver, work slowly, Shmban says. While they're effective, "a lot of skin can be removed rapidly, leading to an actual wound," she explains.

Want to experiment with a callus shaver of your own? We've done the legwork for you. Here, the most affordable and easy-to-use products Amazon customers are raving about, plus what you need to know before cleaning up your feet.

**Microplane Colossal Pedicure Rasp**  
Customer rating: 4.8/5; 7,800+ reviews



For less than \$8, it's hard to beat the value and utility of this foot file, which resembles a hairbrush if the bristles were replaced with callus micro-graters. It's powered by good old-fashioned elbow grease—not batteries or an electric charge. But you can't argue with the results.

"Too good to be true," writes one gushing reviewer. "I called my mother in tears after [using this] because I could not believe it."

"This thing is like a rabid shark," jokes another reviewer. "Skin was flying like dust from a band saw." This guy also agreed with Shamban's warning about removing too much skin too quickly: "Shave a little off at a time, and do it over the course of a few nights and not [in] one sitting," he advises.

**Amope Pedi Perfect Wet & Dry Rechargeable Foot File**

Customer rating: 4.4/5; 2,300+ reviews

This waterproof, rechargeable device buffs away dead skin and calluses using a unique roller-shaped head. It features two speeds to assist with either wet or dry filing. Sticking with the low speed to start may help ensure that you don't shave off too much too fast. (Psst: Don't miss these 15 tips to help with food odor and sweaty feet.)



"I am a former ballet and modern dancer and my feet have been severely callused my whole life," writes one Amazon reviewer. "Pedicurists have been appalled by my feet and gone to work on them, but they haven't really been able to do anything for me. This product can and does!"

"A whole other level of soft that I wasn't even aware of," writes another reviewer. "I cannot believe how much nicer my feet look and feel."

**Makartt Coarse Stainless Steel Callus Remover**

Customer rating: 4.5/5; 490 reviews

This salon-quality tool files in both directions, ensuring easy removal without wasted movement. Because it's stainless steel, you can count on it to stay rust-free—even if you keep it in your shower.

"This file is no joke," writes one reviewer. "It totally turned around the look and feel of my feet."

Another reviewer says she first encountered this device during a salon pedicure. "They used this, and it was amazing . . . I ordered my own, and it was even better than I had hoped."



Just don't move this tool side to side or you could end up with a cut or scrape, another warns.

**Diane European Foot File**

Customer rating: 4.5/5; 485 reviews

This two-sided, hand-held file is made with European beech wood for a natural look and feel. While one side of the file removes thick calluses, the other side buffs them like fine-grained sandpaper. (Warning! You'll never shower barefoot at the gym after you read this.)

"Forget all the expensive stuff," one reviewer writes. "After using this foot file only four times, my feet feel better than they have in years."

"My wife had reptile feet," writes another (very blunt) reviewer. "One time we had to go to a foot doctor and have her calluses removed with a scalpel." But after using this file, "my wife's feet look normal."



**Care Me Powerful Electric Foot Callus Remover**

Customer rating: 4.4/5, 1600+ reviews

While not quite as highly rated at the Amope, this electric callus shaver is less expensive and widely praised.

"Winter always does a number on my skin," writes one reviewer. "I applied the roller to my heel, and in just under three minutes, my foot was transformed."

"So far [this is] the best product I have ever used for my calluses," writes another. "Nothing worked as well . . . and other brands cost double!!!"



**Tweezerman LTD Soft Grip Foot File**

Customer rating: 4.8/5; 118 reviews

This foot file boasts two separate surfaces—one to "slough off" rough or hard skin, and the other to smooth what's left behind. The ergonomic handle is easy to grip, and the tapered shape ensures you can reach those tough between-your-toes calluses.

"I have had very callused heels my entire adult life," writes one reviewer. "This is hands down the best file I have ever used. Even the battery operated ones don't work as well."

"I love sturdy products," writes another reviewer. "This is one of them." She adds: "One side is wonderful at attacking calluses and the other side is very fine and smooths the skin out very well."



**Revlon File 'N Peel Foot File**

Customer rating: 5/5; 8 reviews

This egg-shaped device fits neatly in the palm of your hand. It features two peel-away filing surfaces—one coarse and one fine—that you can remove and replace when they start to become dull. (There are six peel-off surfaces included with each product.)



"Terrific product. The two sides are just right," writes a reviewer. "The size [is] easy to hold onto and the peel off feature means you always have a fresh file."

(These callus shavers are definitely worth the hype. But are your other beauty products all they're cracked up to be? Find out here, from *Prevention* Premium.)

"Genius," writes another. "A file that you just peel off when you've used it up and get a whole brand-new one underneath."

<http://www.prevention.com/beauty/callus-shavers>