Corns and calluses are common problems that can be seen as the body’s own way of protecting itself against injuries. They are nothing but small circles of thickened and hard skin that develop over time because the skin of those particular areas are continuously exposed to friction and pressure. So, the body forms these protective armors to protect the tissues from this continuous friction. Calluses usually develop on the tops and sides of toes, between the toes and soles of the feet.

One of the major causes of corns is walking around and running in ill-fitted shoes. Although a variety of creams and ointments are available to treat corns and calluses, like natural ways to treat psoriasis, eczema, and ringworms, it is best to depend on home remedies for corns and calluses that help in getting rid of the corns while nourishing the skin at the same time.

Causes of Formation of Corns and Calluses

Corns and calluses usually form as a consequence of constant pressure on the skin of the toes created by wearing poorly fitted shoes. Some of the common causes of corn formation are as follows:

- **Ill-Fitted Shoes** – Incorrect shoes can put excessive pressure on certain parts of the foot while shoes that are excessively loose can damage the foot through repeated friction.
Avoiding Socks – Not wearing socks with shoes and sandals made of rough and firm materials create friction on the soft skin.

Manual Labour – Occupations that require repeated use of hand tools can also damage the skin of the palms. Carrying heavy and hard materials also increase the chances of developing calluses and corns.

Athletic Events – People who are involved in intense sports activities and athletes can develop corns because these activities put excessive pressure on the hands and feet.

Abnormal Bone Structure – The feet of some people have bony growths due to the irregular structure of the foot. Constant pressure and friction on these exposed areas can create corns.

Foot Conditions – Faulty foot function in conditions like Scoliosis can cause calluses and corns.

Bursitis – Inflammation of the bursae can lead to the formation of corns and calluses.

15 Potent Natural Remedies For Calluses and Foot Corn Removal

Get permanent relief from the pain and discomfort of walking around with a foot corn by using these time-tested foot corn remedies using all-natural ingredients.

Lemon Juice

When it comes to natural skin care, there is nothing like lemon juice. Raw lemon juice is an amazing bleach which helps in lightening suntans, blemishes, dark spots, and acne scars effectively. It is also a good remedy for foot corn removal that works slowly but surely without fail. The citric acid in lemon juice softens the hard upper layer of the corns and calluses and gradually removes it.
Apply raw lemon juice on the corn and let it dry out. Repeat this method as many times as you want because it has no side effects at all.

Chamomile Tea and Epsom Salt

The combination of Epsom salt and chamomile tea makes a nourishing and healing therapeutic foot soak for foot callus treatment, which helps in softening and loosening dead skin cells that form the corn and calluses. It softens the dead cells that deposit on the topmost layer of the calluses which can then be removed by the use of a pumice stone or callus file.

Prepare a foot soak by tossing in a handful of Epsom salt in a basin of warm water and add some chamomile tea to it. Soak your foot in the solution for 10 minutes and then rub the top layer of the
corn using a pumice stone. The remedy might take a few weeks but it is best to take things slowly because trying to remove the whole corn in one day will make things worse.

Baking Soda

Baking soda or sodium bicarbonate is a one stop solution for all skin and hair problems, and it is a potent home dandruff remedy as well. But how do you get rid of foot corns using baking soda? Baking soda is a natural exfoliating agent that scrubs and removes the hard layer of dead skin cells that cover the corn and also promotes the process of healing. The potent antibacterial and antifungal properties of baking soda also prevent skin infections.

Mix 3 tablespoons of baking soda in a basin of warm water and soak your affected foot in this solution for 15 minutes. Then rub the corns and calluses softly using a pumice stone. You can also make a paste of baking soda and lemon juice and apply it on the corns, then cover with a bandage before going to bed and remove the bandage the next morning.

White Vinegar

White vinegar is not only widely used in various food recipes, but also holds an important place in the list of home remedies and works as one of the most effective home remedies for dull hair. White vinegar is also a useful remedy to cure corn and calluses thanks to its high acidity level. The acidic nature of vinegar helps soften the dry, hard skin of the corns and calluses. In addition, the antibacterial and antifungal properties of white vinegar reduce the chances of infections.
Soak a cotton ball in vinegar and squeeze out the excess vinegar from it, apply it to the corn and secure it with a duct tape. Leave it like that for 3 to 4 hours and then open the duct tape and remove the cotton ball. Repeat this treatment 2 times a day for 1 week to remove corns completely.

Pineapple

Pineapples are one of the most popular exotic fruits widely used in smoothies, fruit juices, cocktails, and mocktails, which also has amazing medicinal uses. Pineapple is used as one of the best home remedies for corns on foot thanks to its potent enzymes that dissolve the proteins which in turn helps in disintegrating the physical structure of the corns.
Pineapple peel is more effective compared to the flesh for this treatment. Cut off a small piece of pineapple peel, put the inner part of the peel over the corn and tie it using a bandage. Leave it overnight and remove the bandage the next morning. Moisturize the area with coconut oil. Repeat this treatment every night till the corn falls off.

Garlic

The potent medicinal properties of garlic make it an importance Ayurvedic medicine that has been used for ages to treat a wide range of diseases and disorders. Garlic is especially effective for treating skin diseases, and is a useful remedy for treating ringworm. It is also one of the most powerful home remedies for corns on feet that promote fast healing. The natural antioxidants present in garlic fight the fungal and bacterial infections and remove the corn from the root.
Press a few garlic cloves to make a paste and apply it to the corn, secure it with a dressing gauge or clean cloth and leave it overnight. Wash your feet with warm water the next morning. Repeat this course every night to get desired results.

Papaya

Ripe papaya is a popular ingredient for skin care that is widely used in natural fruit facial masks for glowing skin. Raw papaya also has numerous benefits for skin, and it is considered one of the most beneficial home remedies for corn removal that shows actual results. The numerous enzymes present in papaya slough off the hard layer of dead skin cells that form on the corns and speeds up the drying process of the corn so that it can fall off. In addition, the enzymes found in papaya also ease the discomfort and pain associated with corn and calluses.

Take a small price of raw papaya and crush it in order to extract the juice. Apply the juice on the corn and cover with a cotton ball and tape. Leave it overnight and use a pumice stone to scrub the corn the next morning. Repeat this treatment daily till you get desired results.

Licorice

Licorice root is an extremely popular ayurvedic medicine that is used to treat a plethora of diseases and health issues. It is also one of the most functional foot corn remedies that shows amazing results and has no side effects in the long run. Licorice contains estrogen-like substances that soften the layer of hard skin so that it falls off to pieces. The powerful medicinal and healing properties of licorice also promote fast healing and prevent infections.
Grind 2 or 3 licorice sticks to from licorice powder and add 1/2 teaspoon of mustard oil to it to form a paste. Apply it to the corn and wrap a bandage. Leave it overnight and remove the bandage the next morning. This will help in decreasing the size of the foot corn.

Castor Oil

Pure cold pressed castor oil is widely included in homemade tips for hair growth, and is also effective in developing thicker eyelashes and eyebrows. Castor oil is also one of the most functional home remedies for foot corn since it moisturizes the dry, thick and hard skin of the corns and calluses, and drastically reduces their size. It is an inexpensive remedy that is readily available in pharmacies and health food stores.
Smear some castor oil directly on the corns and calluses, cover it with a cotton ball and secure with a bandage. Repeat this process 3 times a day till the corn is healed thoroughly.

Onions

The powerful antibacterial properties of onions make it one of the best home remedies for foot calluses because it not only breaks down the dry and hard skin but also eliminates the risk of infections. In addition, it also reduces the soreness, pain and discomfort that may occur around the corn on the toe.
Cut a wedge of onion and place it in a glass bowl, pour vinegar over it and keep it in a warm place throughout the day. Before you go to sleep take this onion slice, put it on the corn and secure it with a bandage or tape. Repeat this treatment very night till the corn is removed.

**Vitamin E Oil**

Vitamin E is an essential nutrient for maintaining the overall health of skin and hair, and tips for perfect skin are incomplete without the inclusion of vitamin E oil in them. Vitamin E oil is also considered an effective cure for corn and calluses. Vitamin E oil not only moisturizes and softens the hard and rough layer of skin that form on the corns, but the presence of antioxidants in the oil also aid in fast healing of the corns and calluses.
Cut a vitamin E oil capsule and apply the oil directly to the corn, let it soak for a few minutes and then put on a clean sock before you go to bed. Repeat this nightly ritual every night till the corn is cured.

Turpentine Oil

Turpentine oil is especially effective in removing soft corns that don’t have a hard center and usually occur between the toes. Soft corns are extremely painful. The potent antibacterial and antiseptic properties of the oil treat the corn and minimize the chances of infection. Turpentine oil readily penetrates into the skin and speeds up the healing process.
Soak a cotton ball in turpentine oil and apply it to the corn. Cover with a bandage and leave overnight. Repeat this treatment till the corn falls off.

Turmeric

The medicinal properties of turmeric or holy powder are numerous, and it has been used for ages to treat various health issues and skin diseases. It is also a powerful natural remedy to treat foot corns and calluses. The anti-inflammatory nature of turmeric speeds up the healing process and at the same times soothes the pain and discomfort caused by the corn.

Heat some mustard oil in a container and add 1 to 2 teaspoon of turmeric paste to it so that it forms a thick paste. Keep stirring the paste for few minutes and then remove from flame. Apply the paste to the corn when it is tolerably hot, wrap it with a bandage and leave overnight. The next morning wash the areas with warm water. Repeat the treatment every night till the corn disappears. Use an old bed sheet when you use this remedy because turmeric can stain the bed sheet.
Tea Tree Essential Oil

Pure tea tree oil has potent antibacterial and antifungal properties that make it a popular homemade remedy for acne. It is the same functions that also make it one of the most functional foot corn remedies. Certain compounds present in tea tree essential oil remove the corn by flaking it off. Trickle 4 to 5 drops of tea tree oil on a cotton ball, rub it on the corn and secure the cotton ball over it with the help of a medicated tape. Leave it like that for a few hours and then remove the cotton ball. Wash the area with mild soap and water and pat dry. Repeat this treatment once every day for 1 to 2 weeks.

Pumice Stone

Scrubbing the skin with a pumice stone is one of the best ways to get rid of dead skin on feet. A pumice stone is a piece of rough volcanic mineral. Scrubbing the corn and calluses gently with a pumice stone scrapes away the dead skin cells and reduces the pain caused by the pressure that the corns put on the nerves. It also speeds up the process of recovery.

Immerse your feet in warm water for 10 minutes in order to soften the hard skin. Now, use a pumice stone to scrub the affected area for 5 minutes and then dry your feet. Apply some castor oil on the corn and cover it with a tape. Remove the tape the next morning. Don’t try to remove the entire corn in one sitting; it will only rub your skin raw. Give time to it so that a little portion of the corn can be removed every day.

Steps to Prevent the Formation of Corn and Calluses

Following a few simple and easy preventive measures can help protect your feet from painful corns and calluses.

- Corns are an outcome of constant pressure and friction. So, it is essential to identify the cause of this continuous pressure and eliminate it as soon as possible.
- Trim your toenails periodically. Excessively long toenails can cause the toe joint to push against the shoe resulting in corns.
- Trim your toenails straight so that the tip does not push into the toes and smoothes the rough edges of the nails using a file.
- If you identify any symptoms of foot corn, then soak your feet in warm water and Epsom salt and moisturize your feet.

![Feet soaking in warm water](image)

- Keep your feet clean and moisture free. Apply talcum powder to keep away moisture from feet.
- Don't use any rolls to remove calluses and corns. It is best to leave this task to professional podiatrists because it can lead to bleeding and infection.
- Place pieces of cotton between the toes to ease the irritation caused by soft corns.
- If you feel friction on certain areas of the foot, apply petroleum jelly to the areas to reduce friction.
- Choose shoes that have a perfect and comfortable fit.
- Buy shoes made of natural materials like leather that breathe and allow air flow to your feet.
- See a doctor at once if your corn feels red and hot to touch or if it bleeds or changes in color.

Try out these effective home remedies for corn removal and get lasting relief from painful corns and calluses. Don’t forget to share your remedies and tips with us.

Related Posts

- [Top 10 Natural Face Packs for Skin Whitening](#)
8 Best Natural Remedies to Treat Malaria

16 Effective Home Remedies to Remove Skin Tags

10 Amazing Benefits of Argan Oil for Your Skin and Hair