

Rashmika Mandanna Swears by Budget-Friendly Epsom Salt Foot Care for Soft, Healthy Feet

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Mumbai, India – Rashmika Mandanna, one of Indian cinema’s most beloved stars, has shared a beauty secret that’s as practical as it is affordable—**Epsom salt foot soaks**. Known for her radiant charm both on and off the screen, the *Sikandar* actress says foot care is essential, especially given her packed schedule filled with travel, shoots, and intense dance rehearsals.

In a recent conversation, Rashmika revealed that she regularly **soaks her feet in warm water mixed with Epsom salt** (sendha namak) to keep them soft, healthy, and relaxed. “It’s a routine that helps relax muscles and reduce stress,” she shared, adding that the practice has been especially helpful while recovering from a recent leg injury.

The best part? This beauty fix won’t break the bank. A packet of Epsom salt costs just **₹50 to ₹100**, making it an easy self-care addition for anyone at home.

Beyond soaking, Rashmika emphasizes **moisturizing** as a key part of her foot care regimen. The *Pushpa* actress also opts for comfortable yet stylish footwear—favoring sneakers and shoes—to give her feet enough recovery time without compromising on style.

Earlier this year, Rashmika suffered **three fractures and a muscle tear** while working out on January 12, 2025. Despite the injury, she attended the trailer launch of *Chhaava*, impressing fans with her commitment and resilience.

On the work front, Rashmika was last seen in Dhanush and Nagarjuna’s bilingual drama *Kuberaa*. She also made Bollywood appearances in *Chhaava* and *Sikandar* this year, and is now gearing up for her Telugu film *The Girlfriend* and Hindi movie *Thama*.