

Rashmika Mandanna Swears by Epsom Salt Foot Soak for Stress Relief & Recovery — And It's Budget-Friendly!

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Rashmika Mandanna, the beloved star of *Pushpa*, *Kuberaa*, and *Chhaava*, is not just known for her acting skills and glowing skin—but also for her simple yet effective self-care rituals. Despite her hectic schedule filled with travel, shoots, and high-energy dance routines, Rashmika prioritizes one key beauty routine: **foot care**.

And guess what? Her secret weapon isn't some fancy spa product—it's good old **Epsom salt**!

? A Foot Soak That Relieves, Relaxes, and Rejuvenates

Rashmika recently opened up about her love for **Epsom salt soaks**, a practice she follows regularly to keep her feet healthy, soft, and stress-free. She simply mixes **sendha namak (Epsom salt)** in **warm water** and soaks her feet to:

- Relax sore muscles
- Reduce swelling
- Ease daily fatigue
- Promote better blood circulation

This simple home remedy has been especially helpful for her during **leg injury recovery**, and she swears by it for both comfort and care.

And the best part? It's super **budget-friendly**. You can grab a packet of Epsom salt from your local pharmacy or online for just **₹50 to ₹100**.

? Moisturizing Is Non-Negotiable for Rashmika

For Rashmika, **moisturizing her feet is a must**—especially after a soak. It's part of her regular bedtime ritual. The *Sikandar* actress emphasized that foot care isn't just about beauty; it's about wellness and recovery too.

Her go-to footwear these days includes **supportive sneakers and comfortable shoes** that provide enough recovery time without compromising on her fashion choices.

Bouncing Back from Injury in Style

Rashmika sustained a **leg injury** on January 12, 2025, with **three fractures and a muscle tear** during a gym workout. Despite this, she showed up strong at the trailer launch of *Chhaava*, limping yet glowing with grace and grit. Her healing process includes routines like Epsom soaks and mindful self-care.

? On the Work Front

Rashmika was recently seen in the bilingual film *Kuberaa*, alongside **Dhanush** and **Nagarjuna**, and in Bollywood releases *Chhaava* and *Sikandar*. Her upcoming projects include the Telugu film **The Girlfriend** and Hindi film **Thama**.

? IndiaFashionIcon.com Takeaway

From red carpets to recovery, **Rashmika Mandanna proves that beauty lies in consistent care**. Her humble foot soak routine is a reminder that wellness doesn't always come with a heavy price tag—it can begin with a bowl of warm water, a pinch of salt, and some self-love.

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