

# Footnanny CEO Gloria L. Williams Shares 8 Benefits of Barefooting in Observance of National Go Bare Foot Day

*Williams Will Talk about the Importance of Foot Maintenance and Massage at Premiere Orlando in the Orlando/Orange County Convention Center on June 5-6*

LOS ANGELES, CA, USA, June 1, 2016 /EINPresswire.com/ -- June kicks off the sandal and flip-flop season with the national observance of Go Bare Foot Day. Foot care and “wellness beyond a pedicure” are the central focus of [Gloria L. Williams](#)’ business, Footnanny.com. “My mission is to promote healthy feet globally,” said Williams, who also celebrates her birthday on June 1. “Proper fitting shoes, cotton socks, and Footnanny foot salts and creams can protect your feet and assist in preparedness to enjoy being bare foot during the summer months.”



National Go Bare Foot Day

To get bare foot ready, Williams, a licensed nail technician, spa consultant

and certified reflexologist for more than 20 years, offers 5 tips for foot maintenance:

1. Check your feet and between the toes often for anything unusual — cracked skin, sores, itchy, peeling skin, blisters, discolored toenails, swelling, etc.
2. Soak your feet once a week in foot salts to reduce odor and sweaty feet.
3. Elevate your feet throughout the day for healthy blood circulation.
4. Get a pedicure often to keep feet groomed and toenails trimmed properly.
5. Apply Footnanny foot cream at night before bed, which allows your feet to absorb the cream as a treatment.

Going bare foot brings you back to nature and is an organic way to connect with the Earth, relieve stress, and enhance circulation. Williams points out 8 benefits of baring your feet:

1. Decreases ingrown toenails. Toenails can grow more freely and without constriction.
2. Athlete's foot and toenail fungus do not thrive when feet are continually exposed to sunlight and fresh air.
3. Better alignment of the joints, hips and knees.
4. Muscle development. Going bare foot encourages natural toning, creating stronger foot and leg muscles.
5. Reduction of anxiety and depression.
6. Fights varicose veins.
7. Diminishes sleep disturbances, including sleep apnea.
8. Improves posture.

Healthy, happy feet has resonated across the nation when her Footnanny brand was selected by O Magazine Favorite Things for [two consecutive years](#) and featured on Good Morning America, Home Shopping Network, The View, and Home and Family.

Meet Williams at the [Premiere Orlando](#) for a free seminar, "Footnanny Independent Retailing and Foot Massaging" at the Orlando/Orange County Convention Center on June 4-5 from 11 am to noon.

The Footnanny Foot Cream comes in eucalyptus, lemon, pumpkin, peppermint, lavender, tea tree, chocolate, and unscented and is available at [footnanny.com](http://footnanny.com).

For bookings or interviews, send inquiry to [publicist@footnanny.com](mailto:publicist@footnanny.com).



Footnanny Hosts Seminar About Foot Maintenance and Massage



Treat Your Feet with the Footnanny Brand



wellness beyond a pedicure



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*Gloria L. Williams - Founder  
and CEO of Footnanny*

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