



New Foot Clean Up, Nourish and Go

\$40.00

This appointment is half an hour including:

- Foot Buff, Wash, & Toenail cleaning
- Simple toenail snipping, filing & shaping of free edge
- Nourishing foot massage

No nail polish or gel nail removal

Basic Therapeutic Foot Care Package

\$75.00*

This appointment is a little more than an hour including:

- Foot Assessment, Buff, Wash, & Toenail cleaning
- Toenail snipping, filing & shaping of free edge
- Simple freeing of involuted or ingrown toenails
- Rough skin smoothing & minor callus debridement or small corn reduction
- Nourishing lower leg & foot massage
- Education for self management: foot wear choices
- Take home orange stick, wooden core emery board and buffer

Self Manager Lower Limb & Foot Care Package

\$100.00*

This appointment is a little more than an hour involving an in-depth discussion of your feet, (please bring favourite shoes) and lower limb issues including:

- Foot Buff, Wash, & Toenail cleaning
- Lower Limb and Foot Assessment
- Toenail snipping, filing & shaping of free edge
- Simple freeing of involuted or ingrown toenails
- Rough skin smoothing & callus debridement or corn reduction as needed
- Nourishing lower leg & foot massage
- Education for self management: lower limb, foot wear choices and offloading techniques
- Bohemian Crystal Professional File or Offloading materials

July 2017





Advanced Therapeutic Foot Care Package

\$100.00 hr*

This appointment is usually more than an hour treating specific issues

- Lower Limb and Foot Assessment
- Neuropathy & Pain Assessments
- Foot Buff, Wash, & gnarly toenail cleaning
- Pumice and/or suction integrated podiatry filing for:
 - Involuted or Ingrown Toe nail release
 - Horn and Thick Nail Debridement
 - Gentle deep persistent Corn removal
 - Callus debridement
 - Necrotic & Fungal nail care**
- Education for self management: lower limb neuropathy, swelling and sores, foot wear choices and offloading techniques
- Nourishing Lower leg & foot massage
- Take home short lasting basic foot care kit

* No nail polish or gel nail removal. Remove nail polish and lacquer prior to appointment or add \$10.00 - \$15.00

** Please call to discuss Necrotic and Fungal care appointment

Take the Edge off with Reflexology

\$75.00

Recline during a 45-minute nourishing and relaxing lower limb and foot reflexology session that incorporates special hot or cold stones (geothermal therapy).

Reflexology is a lower leg and foot massage focused on meridian patterns of reflexes. A calmer nervous system responds better to life's challenges when relaxation is an integral part of a healthy lifestyle. Reflexology can help balance and regulate.

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