



Cash, credit card, etransfer, cheque, or pre-arranged purchase order.
Each insurance benefit plans reimburse their members differently

Treat to Prevent Foot Care Package **\$100.00***

This appointment takes 1.5 hours and includes:

- Comprehensive wholistic lower limb, foot wear and foot assessment
- Education for self management; functional movement, foot wear choices
- Offloading instruction and education for relief and prevention of pain, calluses, corns, wounds, ulceration
- Neuropathy & Pain Assessments
- Education for self management
- Therapeutic foot care: extensive gentle dry buff, file, wash, deep toenail cleaning
 - Toenail snipping, filing & shaping of free edge
 - Simple freeing of involuted or ingrown toenails
 - Rough skin smoothing & minor callus/corn debridement or reduction
- Nourishing lower leg & foot massage

Advanced Therapeutic Foot Care **\$75.00hr* ****

This appointment treats specific issues

- Therapeutic foot care: 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
- Advanced 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**
- Nourishing Lower leg & foot massage



Take the Edge off with Reflexology

\$75.00

Recline during a 45-minute nourishing and relaxing lower limb and foot reflexology session.

Reflexology stimulates reflex points of the lower leg and foot through a focused application of my hands, fingers and hot or cold (geothermal therapy) stones that “spark” your nervous system – the core of your natural healing – to calm, regulate, and balance.