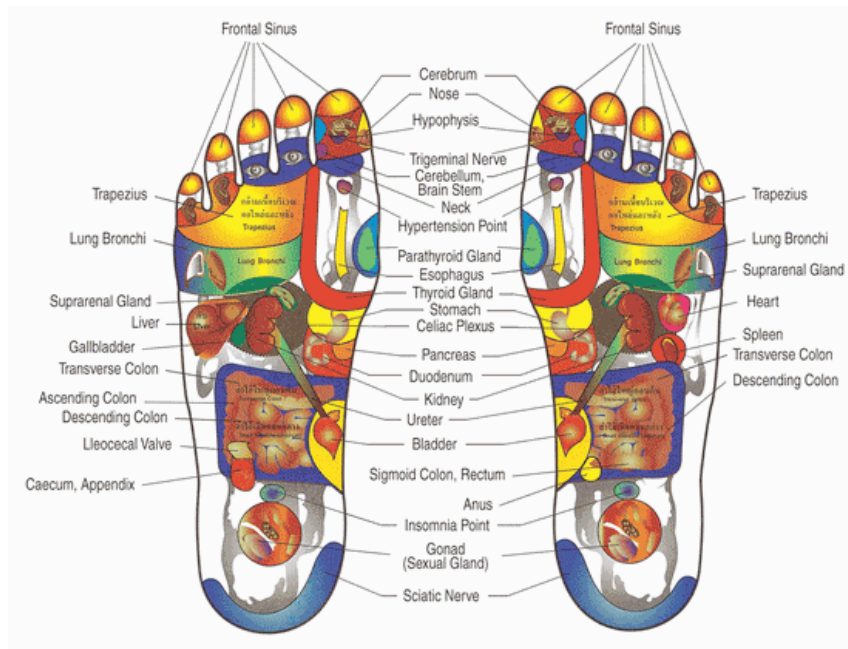


Foot Care



People tend to neglect their feet. The only time we really notice our feet is during the summer when we wear sandals and flip flops. The rest of the year, our feet are stuffed into boots or shoes and we rarely walk around without some type of footwear. Keep your feet in shape all year round and avoid any major problems such as corns, callouses and bunions with the following foot care program.

- Use a pumice stone regularly to remove dead skin. Buffing the feet is extremely important!
- Use a foot butter on your heels after bathing at least once a week.
- Exfoliate your feet once a week.
- Enjoy a 15 minute foot bath once a week with epsom salts and lavender essential oil.
- Always use good quality nail clippers, never use scissors! Cut the nail straight across to avoid ingrown nails.
- Moisturize your feet twice a day, morning and night.
- Walk around barefoot or use a massage ball and roll it around under your feet at least once a day to stimulate your reflexology pressure points.
- Pick up pencils with your toes - great for flexibility.
- Wear comfortable shoes - a three-inch heel puts seven times more pressure on your toes than a one-inch heel!
- Visit a **qualified** reflexologist at least once a month for a full workout on your feet. Regular reflexology will increase circulation and keep you walking with a *spring in your step*!

After a couple of weeks, your feet will be softer, smoother and in great shape. Now maintenance is the key. Continue the routine as often as necessary to keep your feet looking and feeling wonderful.

Make regular Reflexology appointments to maintain optimum health & well being!

sole touch
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