

## What You Need

- A tub to soak your feet
- Podopro Peditwand or pumice
- Nail file
- Podopro Nail Nipper 13cm Straight
- Foot Scrub (optional, but very beneficial)
- Moisturizer



# How to Care for your feet and toe nails

Regular use of the Podopro Peditwand on damp heels and calluses will keep your feet looking good and prevent the build up of hard skin and calluses on your feet. The Foot file works by applying the abrasive surface to the dead skin on your feet. Foot files can also be used to smooth out cracks in the feet, although it may take a series of sessions of foot filing combined with deep moisturising to resolve the problem.

**1. Soak your feet in water for 10 to 15 minutes** this helps to soften hardened skin so it's more easily removed with the file. Add 4-5 litres of warm water to a bowl large enough to cover your feet. Many people like to soak their feet in salts, we like **Gehwol Fusskraft Herbal Bath**, with essential oils from rosemary and lavender to help soften persistent calluses or **Gehwol Foot Bath** with thyme to promote your circulation.

**2. Exfoliate your skin with your Podopro Peditwand** concentrating on the calluses and hard skin areas, these areas are usually the heel of the foot and side of the big toe, where the most pressure is applied during walking. Use the file in a back and forth motion lightly removing the dead thick skin from the surface. Filing should never hurt so stop if you break the skin. Using a foot scrub helps remove dead skin ten times more effectively than using a foot file alone. Exfoliate with the foot scrub layering the scrub over your hard skin, then scrub over your calluses with the foot file, our **CCS Foot Scrub 75g** contains the ingredient urea which hydrates and restores skin problems. When you have finished scrubbing dry your feet. [next page >](#)



Podopro Peditwand

Podopro nail file



Gehwol Fusskraft Herbal Bath

Gehwol Foot Bath



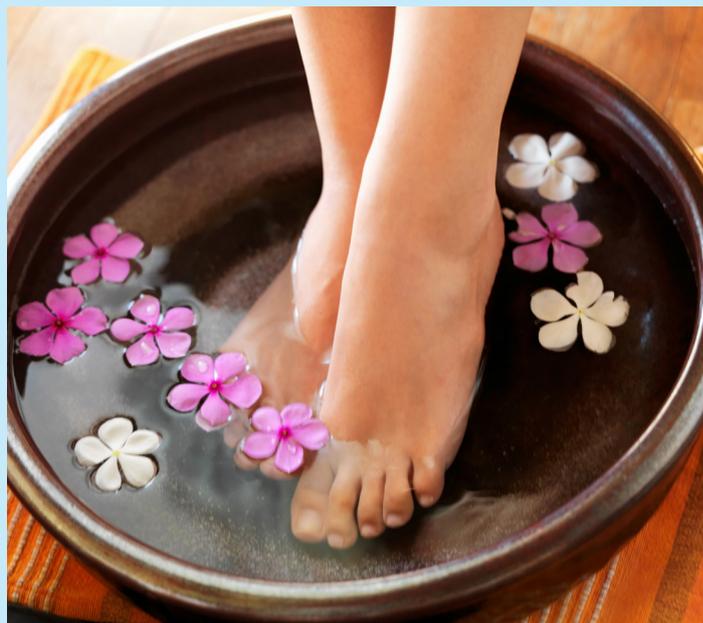
CCS foot Scrub 75g

Podopro nail nipper 13cm straight

# 01484 462299

[www.feetlife.co.uk](http://www.feetlife.co.uk)





**3. Moisturise your feet** we like **Ureka deodorant Footcare Cream** for general dry skin conditions. Formulated to give antiperspirant care to the feet. Contains both zinc oxide, to eliminate odour, and lavender to help prevent infection. Or you could try **LCN Cool Down Foot Gel 100ml** which leaves a cooling sensation on your feet and is absorbed immediately without leaving any oily residue.

**4. Finish by cutting your toenails** straight across, as opposed to a curved shape, to prevent ingrown toenails from occurring. If you would really prefer a rounded shape instead of a straight square, use a nail file to smooth the ridges and to give the edges a bit of a curve.

**Moisturise your feet everyday.** Put lotion or foot cream on as a part of your routine, we love **Ureka 10% urea footcare cream**. Rub on some lotion before bed, and slip on some socks we love **Silipos GeLuscious Moisturising Gel Booties** with proprietary polymer gel lining releases a combination of skin nourishing hydrators, which include Jojoba oil, Vitamin E, Avocado Oil (Vitamin A), Olive Oil, and selective additives to soften and moisturise the skin.



Ureka Deodorant Footcare

LCN Cool Down Foot Gel



Silipos GeLuscious Moisturising Gel Booties

01484 462299

[www.feetlife.co.uk](http://www.feetlife.co.uk)

