



New foot health treatments are now available at **Sheridan Foot Health** in new, conveniently located modern premises at 48 White Hart Lane, Portchester. PO16 9BH or if you prefer we are able to visit at your home*.

The new treatments are designed to promote and maintain healthy feet whilst providing an overall feeling of relaxation and wellbeing for all age groups both male and female.

If you choose us to help you with your foot health, we look forward to meeting you. For those of you who may already have visited us, please also have a read of the new treatments.

Foot Health treatments are individually tailored and suitable for all ages including nail trimming, corn and callus removal, fungal nail, athlete's foot, verrucae treatments and diabetic foot care. Nail reconstruction, consultation for the management and treatment of plantar fasciitis, and orthotics including insoles are also available.

Pedicure

During a pedicure treatment the nails and cuticles are trimmed and the feet soaked in a professional foot spa. The feet are then exfoliated with a foot scrub to maximise the effects of moisturisers. And finally to complete the treatment, a nail polish of your colour choice is then applied using Dr's REMEDY Enriched Nail Care, helping maintain the health of your nails.

Pedicure, Massage and Foot Paraffin Wax Therapy

This combines a pedicure, with a massage and paraffin wax therapy treatment

- It improves skin colour, tone and texture
- Leaves skin nourished and moisturised
- Increases circulation and important factor in the healing process
- Nourishes and improves dry heels, flaky nails and cuticles
- Eases pain and discomfort in stiff joints facilitating mobility

The treatment includes soaking the feet in a professional foot spa. The nails and cuticles are trimmed and a foot massage is provided. Warm paraffin wax is then applied to the feet, covered in protective liners and insulated in booties for 5 minutes.

Deluxe Medi- Pedi- Spa.

This treatment combines a foot health treatment with a pedicure treatment and nail polish. A full foot health treatment is provided by trimming and shaping the nails, tidying cuticles and removing callus and corns. The feet are then soaked in a professional foot spa. The feet are then exfoliated with a foot scrub to maximise the effects of moisturisers. A moisturiser is applied and the toe nails painted with a polish of your choice using Dr's REMEDY Enriched Nail Care

Medi- Pedi- Spa

This treatment combines a foot health treatment with a pedicure treatment. A full foot health treatment is provided by

trimming and shaping the nails, tidying cuticles and removing callus and corns. The feet are then soaked in a professional foot spa. The feet are then exfoliated with a foot scrub to maximise the effects of moisturisers. A moisturiser is applied and the feet massaged.

Dr's REMEDY Enriched Nail Care

Dr.'s REMEDY is a podiatrist formulated nail care collection that is the only nail polish to receive the APMA (American Podiatric Medical Association) seal of approval. Dr.'s REMEDY®, Enriched Nail Polish is a patented blend of naturally occurring, non-toxic, nourishing ingredients not found in traditional lacquers. Dr.'s remedy can be used in conjunction with topical fungus medications or nail fungus products and will not make the condition worse, unlike most nail polish products. Dr.'s REMEDY appeals to a wide range of patients and is suitable for

- Patients with yellow, discoloured nails and dry, brittle nails
- Diabetic patients
- Pregnant women
- Children
- Patients with strong healthy nails who want to keep them that way

Nail Reconstruction

Nail reconstruction is used to

- Replace nails that may have been partially lost through trauma or surgery
- Disguising unsightly nails
- Coating thickened and damaged nails to prevent bacterial attack.

Using UV gel applied to the affected nails the finished nail is light, flexible and durable and contains an ingredient for the continued treatment of fungal nails. The nails can also be painted using Dr.'s REMEDY nail polish to further treat and protect the nails whilst the nail regrows and restores itself.

To book an appointment please call **02392 388149** or call in at the clinic, book a treatment or purchase a gift voucher at **48 White Hart Lane, Portchester, PO16 9BH.**

**Some treatments are not suitable for home visits.*

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www.sheridanfoothealth.co.uk

www.facebook.com/happyhealthyfeet

