



PRICE GUIDE

FEBRUARY & MARCH 2024

INITIAL CONSULTATION & MEDICAL FOOT CARE

£60 Approx 1hr
(including Shellac Application £80)
Approx 1hr 15mins

*Please come with nails free from polish/gel.
Feet will be assessed, Nails checked and trimmed,
Medical Hard Skin Removal, One Verruca/One Corn
treatment, Fungal Nail/Skin Treatment if needed.*

NEW

REFLEXOLOGY

£60 Approx 1hr

FOOT HEALTH PEDICURE

£60 Approx 1hr
(including Shellac Application £75)
Approx 1hr 15mins

*(Not including corn, verruca or ingrown toenail
treatment) Foot soak, Foot scrub, Nails cut & shape,
Medical Hard Skin Removal & Foot massage*

PARAFFIN WAX & REFLEXOLOGY FOOT TREAT

£90 Approx
1hr 30mins

*Paraffin wax heat
therapy treatment to
warm, soften and
moisturise the skin
before a relaxing
Reflexology treatment
to promote deep
relaxation, wellbeing
and reduce stress.*

DELUXE MEDI PEDI WITH PARAFFIN WAX

£70 Approx 1hr 15mins
(including Shellac Application £85)
Approx 1hr 30mins

*Foot soak, Foot scrub, Nails cut & shape, Medical Hard
Skin Removal, Foot massage, Paraffin Wax heat
therapy treatment to soften and moisturise skin. This
treatment may help to relieve pain, stiffness, and
swelling, as well as helping to improve mobility and
flexibility.*



FOOT HEALTH PRACTITIONER

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BODY^{AND}MIND
FOOT CLINIC



MINI SHELLAC & TOENAIL CARE

£40- 45mins

Toenails checked, trimmed & Shellac Application

ADD ON SHELLAC REMOVAL – USING FHP BUR

£10

Shellac must have been applied at Body & Mind

TOENAIL CHECK & TRIM £45

£45

*(Ingrown Toenail &/or Fungal Nail
Treatment If needed)*

CHILDRENS
FOOTCARE
£30

TOENAIL
RECONSTRUCTION
AVAILABLE FROM
MARCH 2024

SPECIFIC FOOT HEALTH CARE

ONLY VERRUCAE TREATMENT

(Initial Appointment) From £30

ONLY VERRUCAE TREATMENT

(Returning) Price depending on number of Verrucae.

ONLY CORN REMOVAL (FROM £30)

Price depending on number of corns

1-2 Tyrone House, Church Street, Wellington, Telford TF1

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www.bodyandminduk.com



BodyandMindTF1



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Body-Mind