



## **FHP MEDICAL FOOT CARE**

**£60 - Approx 1 hour**

Please come with toe nails free from polish/gel. Polish/gel can be removed within this time frame for no charge if it was applied by Body & Mind.

Feet will be assessed and a plan for further treatments if your feet need more than an hour.

Nails trimmed, medical hard skin/callus removal, ingrown toenails, fungal nails, corns, verrucae treatment if needed.

**Add Shellac - £15 (extra 15 mins)**

**Add Verrutop Verruca Treatment - (per ampoule) £15**

**Add Emtrix Foot Mask - £15 (extra 15 mins)**

For leaving skin visibly soft, smooth and healthy looking. Enriched with natural Tea Tree Oil, Chamomile, Shea Butter and Aloe. Hydrates, nourishes and exfoliates cracked heels and moisturises dry skin.

## **MEDI PEDI**

**£60 - Approx 1 hour**

Are you looking for a bit more than a normal pedicure but you don't have any corns, verrucae, etc?

Maybe your skin is dry and have hard/callus skin that needs lots of attention?

Feet will be soaked and exfoliated. Nails will be trimmed and checked. (Cuticles cared for if needed) Medical hard skin removal follows which consists of chiropody paddle file, electrical sand cup and scalpel for any callus. Relaxing foot massage to moisturise.

**Add Shellac - £15 (extra 15 mins)**

**Add Emtrix Foot Mask - £15 (extra 15 mins)**

For leaving skin visibly soft, smooth and healthy looking. Enriched with natural Tea Tree Oil, Chamomile, Shea Butter and Aloe. Hydrates, nourishes and exfoliates cracked heels and moisturises dry skin.

**Add Heated Booties - £15 (extra 15 mins)**



## REFLEXOLOGY

£65 - 1 hour

Reflexology is a complementary health therapy that can be effective in promoting deep relaxation and wellbeing; reducing stress in your life can be key in optimising good health and building resilience. This is a touch therapy based on the theory that different points on the feet correspond with different areas of the body. Through massaging the feet, we can in turn restore the natural flow of energy through the body, restoring balance and reducing stress.

## TOEFLEX NAIL RECONSTRUCTION WITH SHELLAC £65

Toenail reconstruction is available to you if you have a third or more of your natural toenail.

If you have unsightly nail fungus that you want to cover up or have a toenail that is growing back nail reconstruction might be what you are looking for! This includes 2 big toe nail reconstructions and shellac application.

Toeflex must be removed after 6-8 weeks.

## TOEFLEX RECONSTRUCTION REMOVAL - BETWEEN £20-£45

## SPECIFIC FOOT HEALTH CARE

### VERRUTOP INITIAL VERRUCAE TREATMENT FROM £45

(Price varies depending on number of verrucae being treated.)

### HARD SKIN & CALLUS REMOVAL - £35

### TOENAIL CHECK & TRIM - £35

(For toenail trimming, ingrown toenail investigation, fungal nail treatment)

