

# Foot Soaking

Foot soaks in warm water has been shown to be a therapeutic intervention by utilizing the application of heat to the body to increase the blood circulation, refresh the body and provide an effect of increased relaxation.

What you soak your feet in also a factor.

Epsom Salt, Vinegar, Lavender, Tea Tree, Eucalyptus & Anti-bacterial soaks



**Lavender**

Strengthens nails, moisturizes the cuticles and soothes inflammation. Promotes the growth rate or keratin creating longer and healthier nails. Also eases muscle aches and joint pains. It is a anti-inflammatory and anti-fungal for the skin.



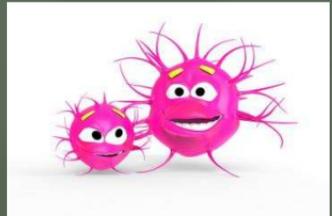
**Tea Tree**

Is anti-bacterial and can be used to aid in treating discolored nails and brittleness. Reduces inflammation and can heal dry and cracked skin. Can also be used to get rid of redness on the skin.



**Eucalyptus**

Is an anti-inflammatory and anti fungal, aids in the healing of cuts and can reduce eczema and acne flare ups. Reduces swelling and pain in the skin and muscles, is a muscle relaxer. Is the best natural oil for pain and healing.



**Medical Grade Anti-bacterial**

Chlorhexidine is a medical grade soap used to disfect skin and has the unique ability to bind to the proteins limited systemic or bodily absorption. Broad-spectrum antiseptic skin cleanser that is proven effective against a wide range of bacteria, fungi, viruses and yeast. membrane.



## Nail/ Skin Care Services

Self - Pay, Not Covered by Insurance

### **Basic Cut and File - \$40**

Includes basic cut and file elongated toenails.  
No soaking, no callus care, no polish

### **Traditional Pedicures/ Dry Pedicure - \$60**

Include a warm foot soak with your choice of soaking products, a sugar scrub, cutting and filing of the healthy nails, moisturizer and nail polish

### **Medical Pedicures - \$80**

Performed by a LPN or RN. Ideal for fungal nails and immunocompromised patients like diabetic, PAD, neuropathy etc. It is a waterless pedicure using medical grade instruments and includes shaping, filing and buffing of the nails along with callus maintenance and a moisturizing treatment without nail polish

### **Manicures - \$25**

Includes cutting, shaping and buffing of fingernails along with regular nail polish

### **Foot/ Ankle Cleansing - \$30**

Includes washing, soaking the foot and ankle with medical grade soap, brief massage, drying and applying appropriate moisturizer

### **Additional Services**

#### **Paraffin Wax - \$20**

A moisturizing treatment effective in soothing and softening calluses on feet and healing dry cracked skin, especially on the heels

#### **Sugar Scrub - \$15**

An exfoliating, hydrating scrub, followed by a warm towel or soaking treatment. A refreshing option for dry feet.

#### **Foot Massage - \$15**

A 5 minute ,massage to promote relaxation, alleviate sore soles and arches as well as improve circulation.

#### **Soak-Off - \$10**

Soak off any previously applied nail products.