



Cash, e-transfer, cheque or Interac debit. Add 3% if using credit card.  
Contact first for pre-arranged purchase order.

**Treat to Prevent Foot Care Package** \$130.00+gst \*

This is a first appointment and takes 1.5 - 2 hours and includes:

- Comprehensive wholistic lower limb, foot wear and foot assessment
- Education for self management; functional movement, foot wear choices
- Offloading instruction and education for relief and prevention of pain, calluses, corns, wounds, ulceration
- Neuropathy & Pain Assessments
- Education for self management
- Therapeutic restorative foot care: extensive gentle dry buff, file, wash, deep toenail cleaning
  - Toenail snipping, filing & shaping of free edge
  - Simple freeing of involuted or ingrown toenails
  - Rough skin smoothing & minor callus/corn debridement or reduction

**Advanced Therapeutic Foot Care** \$100.00hr+gst\* \*\*

This appointment treats specific issues

- Therapeutic and restorative foot care: Buff, Wash, & Toenail cleaning
  - Toenail snipping, filing & shaping of free edge
  - Simple freeing of involuted or ingrown toenails
  - Rough skin smoothing & minor callus debridement or small corn reduction
- Advanced Pumice and/or suction integrated podiatry filing for:
  - Involuted or Ingrown Toe nail release
  - Horn and Thick Nail Debridement
  - Gentle deep persistent Corn removal
  - Callus debridement
  - Necrotic & Fungal nail care\*\*

**Benefit Plans: Insurance benefit plans reimburse members differently. Services of Registered Nurses may be covered and are an eligible federal expense.**



## **Take the Edge off with Reflexology**

\$85.00+gst

Recline during a 45-minute nourishing and relaxing lower limb and foot reflexology session.

Reflexology stimulates reflex points of the lower leg and foot through a focused application of my hands, fingers and hot or cold (geothermal therapy) stones that “spark” your nervous system – the core of your natural healing – to calm, regulate, and balance.

While unregulated Reflexology is well established with practitioners following slightly different lineages.

### **Things Happen - Cancellations & No-Shows**

Things happen, I understand. Cancel or reschedule your appointment with at least 48 hours notice. Late clients cannot be accommodated, 15 minutes late is considered a no show.