



Cash, credit card (+3%), e-transfer, cheque or purchase order  
Each insurance benefit plans reimburse their members differently  
Services of Registered Nurses are an eligible federal expense

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

This appointment 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:
  - Involuting or Ingrown Toe nail release
  - Horn and Thick Nail Debridement
  - Gentle deep persistent Corn removal
  - Callus debridement
  - Necrotic & Fungal nail care\*\*



## Take the Edge off with Reflexology

\$75.00+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. As a life long learner I seek out many teachers and offer an integrated session based solely on you with knowledge woven from a variety of Advanced Masters: Helga Christine Petersen [www.hcpreflexology.com](http://www.hcpreflexology.com), Nico Pauly's Nerve Reflexology with Griet Rondel, <http://mnt-nr.com/nederlands/home>, Science based Reflexology with Dr. Manzanares, <https://www.manzanaresmethod.com> and with well known duo Dorthe Krogsgaard & Peter Lund Frandsen, [uk.touchpoint.dk](http://uk.touchpoint.dk). I studied Spiritual & Hot Stone Reflexology with Deborah Ardell Hill, CA, and completed basic Foot Reflexology certification with the Ontario College of Reflexology, 2011.