



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

Treat to Prevent Foot Care Package **\$140.00**

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 **\$100.00 ***

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**

Benefit Plans: I recommend that anyone looking to use insurance confirm the terms of their coverage. 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.