

Flexitol®

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Five top tips from Podiatrist, Emma Supple:

- one** Avoid open backed or thin soled shoes if you are susceptible to dry and cracked heels.
- two** Scrub feet thoroughly on a daily basis, to ensure they are clean. Then moisturise feet on a regular basis with a urea based product.
- three** Keep an eye on foot health, especially if you're diabetic, and don't wait too long before seeking professional help if necessary.
- four** Toenails should be cut straight across using toenail clippers. Avoid using scissors as you are more likely to cut unevenly or too low.
- five** Don't wear shoes which are uncomfortable or slightly too small. They may look nice, but won't do your feet any favours in the long run!



YOUR LOCAL SUPPLIER

For when life leaves its mark on your feet



AS SEEN ON TV

The first steps towards healthy feet...



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Flexitol®

Step One



Step Two



Flexitol Heel Balm

Hydrates dry, cracked heels and feet. Flexitol Heel Balm's formulation contains a highly efficacious combination of 25% urea, and a synergistic blend of emollients, all of which contribute to healthier, softer, well-nourished skin. To see a noticeable difference use **Flexitol Heel Balm** once or twice a day, morning and night, on dry and cracked heels, until healthy skin is restored.



Flexitol Moisturising Foot Cream

For very dry feet and legs. Flexitol Moisturising Foot Cream contains a light and gentle balanced blend of moisturisers, which are quickly absorbed into the skin, to soften and care for very dry feet and legs. **Flexitol Moisturising Foot Cream** helps your skin to be quickly restored to a healthy, well-nourished condition.



Dry and cracked heels are commonly caused by a loss of 'elasticity' in the skin when dryness sets in, or when the skin thickens and cracks or breaks under pressure, which can occur through everyday activities such as walking and exercise.

The best treatment is one that contains urea, which is a moisturiser produced naturally by our skin, such as **Flexitol Heel Balm**. It contains 25% urea and is medically proven to hydrate dry, cracked heels.

Top tips for tip top feet

Consider these three things over the coming months, so your feet are ready for anything — remember just think SASSy!

SCRUB — Scrub your feet daily with a bristle brush to remove any dead skin and dirt.

APPLY — A urea based moisturising product such as Flexitol Heel Balm, for healthier, softer and smoother, well-nourished skin.

SHOE SAVVY — Ensure you have sensible footwear; man-made materials can be great but, where appropriate, leather is best, as it is breathable and moulds well to the feet.



Flexitol Heel Balm Platinum

Rapid repair for dry cracked feet

- Intense Moisturisation
- Highly concentrated formula
- Fast effective repair & regeneration



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