

Treatment Cost: £25

Mobile visits can be arranged - an extra £5 will to be added to cover costs.

Discounts available for 2 or more people

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Liss
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7AH

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e-mail: kathyjustice1@googlemail.com

Surgery Opening Hours

Mon - Fri 9.30am to 6pm

Saturdays - by prior arrangement

Call me today!

Cancelled or broken appointments with less than 12 hours notice will be charged at half the full fee.



Foot Health Problems??

Inner Health, Outer Beauty

Kathy Justice
Foot Health Practitioner,
Dip.CFHP, MPS.Pract.



About me

Kathy is fully qualified and registered as a Foot Health Practitioner with The College of Foot Health Practitioners, Blackheath, West Midlands.

Kathy is also fully qualified in Reflexology of the feet. This is an extremely effective form of therapeutic foot massage which promotes optimum health for the whole body. Whilst treating common foot problems, Kathy can also advise on disorders within the body. A mini foot & leg massage is part of the treatment.

What Foot Health care can do....

The human foot consists of 26 bones bound together by ligaments, supported by muscles and supplied with blood vessels and nerves. It is a complicated device which supports the entire body weight during our lifetime. It is therefore subject to considerable strain and sometimes injury.

An initial consultation includes a detailed medical history, examination of the foot and, if appropriate, treatment. You will need to remove both your shoes and socks (or other hosiery), and have your toenails clear of any nail varnish for Kathy to fully evaluate the conditions.

The treatment will be explained and agreed between both parties. Advice will be given to improve the foot health and prevent other problems.

If a different type of treatment would be more appropriate, she will refer you accordingly. This could be to your GP, osteopath or other specialist.

Foot and ankle problems commonly treated by Foot Health Practitioners include:

- * corns and calluses
- * in-grown toenails
- * plantar warts/verrucae
- * dry, cracked heels
- * foot fungal infections
- * thickened nails
- * bunions
- * hammer toes
- * flat foot

At the end of the consultation a short reflexology foot massage is given. This has the following benefits: It relaxes the foot, improves the blood supply and helps lymphatic drainage. A suitable massage cream is used to improve the hydration of the skin.

During the summer months, medical pedicures are available.

Call me today!