



# The Foot Care Centre

## Treatments and Prices 2018/19

<b>Treatments</b>	<b>Prices (£)</b>
<b><u>New Patient</u> – Registration, assessment and initial treatment.</b>	35.00
<b><u>Full Foot Care</u> – Nail cut and file. removal of corns, hard skin, callouses, fissures and ingrowing nails.</b>	25.00 – 30.00
<b><u>Nail Cut</u> – Nail cut and heel buff.</b>	20.00
<b><u>Cold Low-Level Laser (CLLL)</u> – Especially effective for plantar fasciitis, muscle ligament, tendon damage and arthritic joints.</b>	20.00
<b><u>Nail Bracing</u> – Using BS sponge quick bracing to provide effective relief from ingrowing nails. Painless procedure – safe for all ages.</b>	30.00
<b><u>Nail Reconstruction</u> – For fungal or damaged toenails. Reconstruction is a safe, effective and aesthetically pleasing treatment for ladies and gentlemen. The resin used will help combat the infection, whilst protecting the nail as it regrows.</b>	From 35.00
<b><u>Nail Polish</u> – LCN polishes – vegan friendly and organic suitable for the maintenance of healthy nails, helps to cover yellow, discoloured nails, dry or brittle nails, diabetic cases, during pregnancy or for women wanting to avoid harsh chemicals.</b>	10.00  Products for sale from £12.00
<b><u>Corn Removal</u> – For patients wanting just a corn removal and no other treatment.</b>	20.00
<b><u>Verruca / Wart Treatment</u> –</b>	From 30.00



<p>Safe, effective removal of plantar warts which occurs on the bottom of the foot or toes and can be very painful.</p> <p>We use non-invasive techniques which have proved to be very successful, particularly with children. For extreme case we use cryo-surgery.</p>	
<p><u>Diabetic Assessment + Treatment</u> – Assessment of the diabetic foot, treatment of nails, corns, etc.</p>	<p>Initial – 35.00 Ongoing – 20.00 - 30.00</p>
<p><u>Biomechanical Assessment + Orthotic Fit</u> – Establishing how a patient stands and moves, enabling a diagnosis on pre-existing conditions which affect movement. Custom made orthotics / padding as appropriate. This will help with body re-alignment and reduce heel pain, callouses and lower limb discomfort.</p>	65.00
<p><u>Medi – Pedi</u> – Professional nail cut, and hard skin removal combined with relaxing foot care including spa treatment and nail paint.</p>	40.00
<p><u>Training</u> – Accredited and insured, small, friendly, International college offers full training in foot care – Diploma to level 4. <a href="http://www.thecollegeoffootcarepractitioners.co.uk">www.thecollegeoffootcarepractitioners.co.uk</a></p>	From 199.00
<p><u>Reflexology</u> – Non-invasive massage – hands, feet or head – relaxation techniques proven to reduce stress muscle soreness and restore natural balance.</p>	30.00
<p><u>Hot Stone massage</u> – Hands or feet. The heat from the stones will help general relaxation. Works on tired limbs, stimulates circulation and ease aches and pains.</p>	25.00
<p><u>Hot Wax</u> – Hands or feet. The hot wax will stimulate circulation, helping to reduce toxins in the body. Effective relief for aching hands / feet. Eases pain caused</p>	25.00



from arthritis and other debilitating conditions.	
<b>Swedish Massage –</b> Gentle and relaxing massage to sooth aching muscles, increase blood flow and circulation. Promotes relaxation.	35.00
<b>Deep Tissue Massage –</b> A deeper level of massage aimed at structural as well as superficial muscles. A more aggressive massage to relive aching and hardened muscles and muscle strains and sprains. Includes exercise prescription and stretches to maintain a healthy body balance.	45.00