



back2toes

professional therapy for the body and sole



Once you have made your choice of Foot Therapy you can tailor the experience even more by choosing the type of treatments you prefer. Please choose from below:

## FOOT SOAKS

### RELAX

- lavender, peppermint grapefruit essential oils with ginseng
- feet will feel refreshed & soothed
- gentle, foaming soak

### REVITALISE

- teatree oil & seasalt
- helps kill foot odour
- invigorating whilst conditioning your feet
- foaming soak

### DETOXIFY

- peppermint & eucalyptus oils with Dead Sea Salts
- remineralises & invigorates
- sea-salt crystals help to detoxify
- controls unwanted bacteria
- non-foaming soak

### MOISTURISE

- citrus fruit blends
- softens & soothes
- powerful emollient for dry skin
- gentle foaming soak

## FOOT SCRUBS

### HERBAL/NUT SCRUB

- almond kernels for robust removal of dry lifeless skin cells
- reduces the build-up of rough, hard skin
- improves skin texture & appearance
- rosemary extract softens & invigorates

### SALT SCRUB

- gentle exfoliation by Dead Sea Salt crystals
- moisture replenished by essential oils including jojoba, orange & coconut
- unique Biosilk formula for replenishing softness

## FOOT MASKS

### COOL HERBAL MASK

- extracts of burdock & mint
- reduces swelling & soothes away those aches
- revitalises tired burning feet

### WARM DETOX MASK

- naturally detoxify with charcoal extract
- thermal action is deeply purifying
- kaolin clay helps to absorb excess oil & impurities
- warmth helps to soothe sore ligaments

### HERBAL SMOOTHIE MASK

- lavender essential oil with collagen
- helps minor injuries to heal, promotes cell replenishment
- softens & smoothes
- for battered tootsies

## HOT WAX

### HERBAL MUD

- enriched with Dead Sea minerals
- Rosemary, lavender, and basil essential oils
- this soothing mud will help detoxify and soothe
- heat therapy for healing the musculatory & circulatory systems

### FRIUTY ENERGY

- citrus and aloe to refresh and energise
- soothes irritated tissues
- highly recommended for muscle spasms, arthritis & sports related injuries
- mood uplifting formula

### SOOTHING HEMP

- hemp is a rich source of many essential fatty acids
- anti-inflammatory
- heals minor skin injuries
- calming and hydrating

### HEALING HERBAL

- enriched with wintermint and rosemary
- promotes healing
- stimulates the body's own systems