

Footessentials have developed a unique blend of therapeutically effective aromatherapy oils specially combined to optimise their value in the treatment and prevention of commonly occurring foot and nail conditions. They can be used as part of a routine podiatry treatment or prescribed by the podiatrist for home use by the client.

When used individually an essential oil has a physiological, psychological, and pharmacological effect, however when two or more oils are blended together the effect produced by the components of a single oil is enhanced giving an even greater therapeutic value. This is why foot essential oils have been developed for your use.

Oils with different therapeutic properties are blended in grape seed oil (*Vitis vinifera*) which acts as a carrier oil and an emollient. There are four oil blends in the range and all come in a 25ml bottle. Although the oils have been developed with their podiatric use in mind, all the oils can be used for related conditions on other parts of the body.

All Foot essential products can be used to deodorise and refresh the skin on the feet.



Warm That Sole for warming the feet

Warming and comforting elements including **marjoram** and **ginger** are blended to soothe the discomfort of chilled feet.

Ginger has antiseptic and anti-bacterial properties which are combined with the antiseptic and comforting elements of marjoram, creating a warming and calming effect on the skin. **Geranium** is used to soothe and to optimise healthy circulation, whilst **lemon** creates cleansing and rejuvenating properties; collectively these elements form an efficient oil combination to protect and warm the sole.

Uses: Any condition where you want to achieve a gentle warming effect such as chilblains, cold feet, tendon or joint pain associated with arthritis or just to relieve the discomfort associated with poor peripheral circulation.

Directions: Apply as a massage oil up to four times a day. Do not use on open lesions.

Therapeutic properties*: **Marjoram:** (*Origanum majorana*) analgesic (muscular pain, arthritis), antibacterial (*Clostridium sporogenes*, *Enterobacter aerogenes*, *Klebsiella species*, *Staphylococcus aureus*), antispasmodic. **Ginger:** (*Zingiber officinalis*) Analgesic, deodorant. **Geranium:** (*Pelargonium graveolens*) antibacterial (*Klebsiella species*), antifungal (*Clostridium perfringens*), anti-inflammatory (rheumatism, arthritis), antispasmodic, astringent, cicatrizing or granulation promotion, decongestant (lymphatic congestion), haemostatic, styptic. **Lemon:** (*Citrus Limon*) antibacterial (MRSA, *Staphylococcus aureus*), anticoagulant (poor circulation, thrombosis, varicose veins), anti-inflammatory (boils, gout, insect bites, rheumatism), antimelanistic (brown skin spots, freckles), antiviral (verrucae, warts), astringent (broken capillaries).

*Therapeutic properties relevant to the skin and human tissues with particular reference to the feet and lower legs. For more information see table one.

Reference: Price and Price, Aromatherapy for Health Professionals, Third Edition. Elsevier,

CAUTION:

Care should always be taken when using the oils on people with sensitive skin. In these cases it is recommended that a patch test is done first. Take care with people with **allergies**, **asthma** and other **respiratory problems**. Do not use on people with **epilepsy** and women who are **breast feeding** and **children under 5**.

It is not recommended that aromatherapy oils are used in **Pregnancy**. Once an essential oil has been absorbed into body fluids they may pass through into the placenta. Crossing the Placenta does not necessarily mean that there is a risk of toxicity to the foetus, but it is always best to adhere to a policy of caution. This is why as a general rule, essential oils such as 'Footessentials' are not recommended for use in pregnancy.

Patients with **cancer** should seek advice from their Oncologist before using aromatherapy oils.

A patch test is recommended for all products.



Banish That Blotch for deep cleansing and protection from harmful germs

This oil blends the powerful antiseptic and deeply cleansing qualities of **tea tree** with the cooling, revitalising and therapeutic actions of **peppermint**, creating a naturally effective treatment oil to protect the feet against harmful germs. These properties combined with the unique qualities of **marjoram** together with the cleansing and rejuvenating properties of **lemon**. Collectively they enhance resistance against problem skin.

Uses: Treatment of Verruca and warts, and is also a mild skin analgesic. Can also be used as a general decongesting, refreshing, deodorising massage oil.

Directions: Apply directly onto the lesion or area to be treated up to four times a day. Do not remove skin overlying the Verruca before application. For use as a massage oil, put a small amount into your palm, and massage thoroughly into the area being treated.

Therapeutic properties*: **Tea tree:** (*Melaleuca alternifolia*) analgesic, antibacterial (*Clostridium sporogenes*, *Enterobacter aerogene*, *Klebsiella species*, MRSA, *Propionibacterium acnes*, *Staphylococcus albus*, *Staphylococcus aureus*, *Staphylococcus epidermidis*) antifungal (*Aspergillus niger*, *Candida albicans*), anti-infectious (abscesses, skin infections), anti-inflammatory (abscesses). **Peppermint:** (*Mentha piperita*) analgesic (neuralgia) antibacterial (*Klebsiella species*, MRSA, *Staphylococcus aureus*, antifungal (*Candida albicans*), anti-inflammatory (eczema, urticaria), antiviral (Herpes Zoster). insectifuge (gnats, mosquitoes), smoothing (skin irritation, rashes, redness)

Marjoram: (*Origanum majorana*) analgesic (muscular pain and arthritis), antibacterial (*Staphylococcus aureus*). **Lemon:** (*Citrus limon*) antibacterial (MRSA, *Staphylococcus aureus*), anticoagulant (poor circulation, thrombosis, varicose veins), anti-inflammatory (boils, gout, insect bites, rheumatism), antimelanistic (brown skin spots, freckles), antiviral (verrucae, warts), astringent (broken capillaries)



Ditch That Itch

As an antiseptic treatment oil it is a valuable skin clarifying remedy that optimises the skin's natural regenerative process and rejuvenates dry skin.

It contains **patchouli**, which has an uplifting and soothing influence, combined with the refreshing, deodorising and antiseptic effects of **lemongrass** and the renowned therapeutic properties of **lavender**. Together these elements create a natural, effective remedy to cool and soothe overheated feet, and can rejuvenate and calm irritated skin.

Uses: Athletes foot, dry, itchy and reddened skin. May also soothe inflamed skin due to allergies or insect bites.

Directions: Apply as a massage oil twice a day. Do not use on open lesions.

Therapeutic properties*: **Patchouli:** (Progesterone patchouli) antifungal (Epidermophyton species, Microsporum canis, Microsporum gypseum, Trichophyton rubrum), anti-inflammatory, (acne), allergies, seborrheic (eczema), cicatrizing or granulation promotion (cracked skin, scar tissue, abnormal epidermis), immunostimulant (low natural defences). **Lemongrass:** (Cymbopogon citratus) analgesic, antibacterial (Staphylococcus aureus, MRSA), antifungal (Aspergillus species, Candida species, Trichophyton rubrum), anti-inflammatory (inflamed arteries, cellulite), vasodilator. **Lavender:** (Lavendula angustifolia) analgesic (arthritis, muscular aches, rheumatism), antibacterial (Enterobacter aerogenes, Klebsiella species), antifungal (Candida albicans), anti-inflammatory (eczema, dry skin), insect bites, phlebitis, bruises, sprains, acne, pruritus, cicatrizing or granulation promoting (burns, scars, varicose veins, wounds).

For more information contact:



Nourish That Nail for nourishing and protecting nails

This unique blend of lemon and lavender creates a fantastic nourishing synergy which has proved to be an extremely effective treatment to protect the nails against harmful germs. **Lavender** and **lemon** combine anti-bacterial, antiseptic and purifying elements which optimise and maintain a sound immune system and promotes healthy nails.

Uses: Fungal nails, dry thickened nails, psoriatic nails

Directions for use: Apply to nail at least twice a day. Can be used on finger as well as toe nails.

Therapeutic properties*: **Lavender:** (Lavendula angustifolia) analgesic (arthritis, muscular aches, 'rheumatism'), antibacterial (Enterobacter aerogenes, Klebsiella species), antifungal (Candida albicans), anti-inflammatory (eczema, dry skin), insect bites, phlebitis, bruises, sprains, acne, pruritus, cicatrizing or granulation promoting (burns, scars, varicose veins, wounds).

Lemon: (Citrus limon) antibacterial (MRSA, Staphylococcus aureus), anticoagulant (poor circulation, thrombosis, varicose veins), anti-inflammatory (boils, gout, insect bites, rheumatism), antimelanistic (brown skin spots, freckles), antiviral (verruca, warts), astringent (broken capillaries)

		Lemon	Lemon Grass	Geranium	Ginger	Lavender	Marjoram	Peppermint	Patchouli	Tea Tree
Antibacterial										
Clostridium Sporogenes	Gangrene, tetanus						*			*
Enterobacter aerogenes	Opportunistic skin & tissue infections normally post surgery					*	*			*
Klebsiella species	Associated with hospital acquired infections e.g. UTI, wound infections			*		*	*	*		*
MRSA	Hospital acquired infection	*	*					*		*
Propionibacterium acnes	Linked to skin conditions particularly acne									*
Staphylococcus albus	Most frequent skin bacteria but can cause slow indolent infections e.g. post joint surgery									*
Staphylococcus aureus	Pus-forming infections, superficial skin lesion		*				*	*		*
Staphylococcus epidermidis	Normally non-pathogenic but can cause infection in immune compromised patient									*
Antifungal										
Aspergillus species	Mould. Can cause infections in humans		*							
Aspergillus niger	Fungal ear, nail and lung infections									*
Candida albicans	Yeast like fungus of skin, mucous membranes and genitalia	*	*							
Clostridium perfringens	Can cause gastroenteritis but also responsible for 80-95% of cases of gas gangrene					*		*		*
Epidermophyton Species	Superficial fungus infection affecting nails and surrounding skin			*						*
Microsporum canis	Ringworm in humans especially children. Invades hair, skin but rarely nails								*	
Microsporum gypseum	Geophilic fungus. Usually produces a single inflammatory skin or scalp lesion								*	
Trichophyton rubrum	Most common type of Onychomycosis and Tinea pedis		*						*	

Table one Antibacterial and antifungal effects of essential oils relating to use on skin and human tissue in relation to feet and lower limbs