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## **INFORMATION**

**Nourish that Nail** is an absolute 'star' product. We have been using it in our practice, 'The Footcare Clinic. Cheshire', for over 4 years with enormous success on patients who have used every treatment possible over many years.

The oil must be applied at least twice a day even if nail varnish is worn. The nail very quickly appears more hydrated and the friability of the nail improves. The fungal infection improves within a short time not just appearing to 'grow 'out. Unlike some other treatments there is no discolouration and patient compliance is very high as results are quickly seen and due to the pleasant aroma and feel of the oils and the beautiful packaging.

We have also found this oil to be very useful with any thickened gryphotic, psoriatic or damaged nails. It goes without saying that this oil can also be used on fingernails. The increase in growth is amazing even on 'normal' nails.

**Ditch that Itch** was developed primarily as an athletes foot treatment. Again results are rapidly seen. This oil can be useful to relieve symptoms such as dryness, itching and redness associated with some skin conditions. We always recommend a patch test.

**Warm that Sole** is used for chilblains on patients who have poor peripheral circulation, are taking steroids, or just generally suffer from cold feet. It is also suitable for diseases related to coldness or spasm for almost any part of the body. All these oils are safe to use on diabetics.

This oil is appropriate for use on tendon problems and painful arthritic joints. It has a gentle, warming effect and can be applied regularly on even the most fragile skin.

**Banish that Blotch** is very useful as a treatment for verrucae. The oil helps with lesions which are painful. This oil contains peppermint which has an analgesic effect. It can be used as a stand alone treatment or in combination with other treatments if this is appropriate. The patient should be advised not to debride the lesion and the oil can be applied up to four times per day.

**Application is by pouring a small amount into the palm of the hand and use a cotton wool bud to transfer the oil onto nail or skin. Always wash hands after use.**

**We do not recommend the use any of the oils:-**

**During pregnancy**

**Whilst breastfeeding**

**For people diagnosed with epilepsy.**

**In children under the age of 5 years.**

**Care should be taken when prescribing these oils for patients with respiratory problems or allergies.**

**Cancer patients need permission from their Oncologists before using the oils.**