



GET YOUR FEET READY FOR SPRING!

You can't hide them anymore, Spring has sprung, and it is time to show off your tootsies by getting them sandal ready. Here are some easy tips to get them back in shape for summer.

CLEAN YOUR FEET

Start with a nice 10-15 minute Epsom salt soak in warm (but not hot) water. This will not only feel great but will soften any calloused areas built up over the winter.

EXFOLIATE YOUR FEET

*Use a foot file or pumice stone to gently remove any rough areas, especially around the heels. Try our all natural, locally made foot scrubs by **Soapstone** for a smooth silky finish.*

MOISTURIZE YOUR FEET!!!

This is a very important part of regular skin care maintenance. Keeping the skin intact and free of cracks is paramount to avoiding infections, especially for the elderly and diabetic. Plus...it makes your feet look great in sandals.

PAINT YOUR TOENAILS

*The Barrie Foot Clinic advocates a non-toxic nail polish by **Drs Remedy**. This line of nail polish comes in a wide variety of colours from nude to vibrant, while adding moisture and anti-fungal ingredients to nails.*

OFFICE HOURS

Monday	8:00-6:00
Tuesday	7:45-6:00
Wednesday	9:00-5:00
Thursday	7:45-6:00
Friday	7:45-1:00

Pamper yourself at
the



Enjoy a healthy pedicure and foot massage in our state of the art spa.

Each spa service is provided one-on-one in your own salon room for the most tranquil experience.

We pride ourselves on providing the highest level of sanitation and sterilization of equipment.



Barrie Foot Clinic

140 Bradford Street, Barrie ON L4N3B3 705-739-6181

www.barriefootclinic.com