



This product is highly effective and should be used with care. For the best results follow the instructions carefully, prepare everything you will need and set aside approximately half an hour.

[www.pedikur.co.uk](http://www.pedikur.co.uk)

### *Instructions for use*

#### *Manicure:*

Hands that have been taken care of are the "calling cards" of our personality, in particular our fingernails. Well looked after nails are the culmination of a well looked after individual.

To remove unsightly cuticles, take a small piece of cotton wool for each finger and apply to the cuticle to be treated. Add some drops of PEDIKUR lotion to the cotton wool and leave the lotion on for 1-3 minutes (depending on how strong the cuticle is).

The best way to remove the softened cuticle is with a manicure-spatula or nailbrush. Afterwards wash your hands, and apply PEDIKUR Herbal Cream to hands and fingernails.

#### *Application Tips:*

Before you start treatment of your hands, first determine on one finger how many minutes are required to soften your cuticles, so that they can be easily removed. To avoid leaving the lotion on for too long (more than the recommended 1-3 minutes) apply PEDIKUR lotion on only two fingers at a time. Since the nail slightly softens, allow approximately 30 minutes after the treatment to re-harden.

#### *Pedicure:*

Our feet carry us approximately 4 times around the earth during our lifetime. Unlike tyres we cannot simply change our feet if we need to due to excessive use. Our mobility depends largely on our feet. Therefore by taking care of our feet, as with our hair, teeth, and face we can enjoy a sense of wellbeing.

To soften unsightly excessive calluses apply a thin layer of cotton wool to the area of hard skin to be treated. Add some drops of PEDIKUR lotion and spread the lotion with the bottom of the bottle. This eliminates any air residue within the cotton wool to allow the hard skin to absorb the lotion more effectively.

Wash your hands afterwards and leave the lotion on for up to 20 minutes to take effect. Remove the cotton wool and scrape off the softened calluses with the spatula enclosed. Afterwards wash your feet and apply PEDIKUR Herbal Cream to them.

#### *Application Tips:*

If when treating a particularly thick layer of hard skin, the cotton wool appears to be almost dry again after the first 10 minutes of application time, you can apply more lotion and leave it on for a further 10 minutes. To soften very smooth hard skin, roughen the surfaces of the calluses before the treatment, so that the lotion can penetrate better. To secure the soaked cotton wool, you may want to wrap cling film around your foot but it is not advised to walk around.

**Required Information: PEDIKUR lotion contains alkaline. Avoid contact with eyes, can cause blindness. Keep out of reach of children. Not suitable for use during pregnancy, breastfeeding or for children under 12 years of age. Do not use on corns, open wounds or bruised or irritated skin. If in doubt or you have any existing medical conditions or concerns always consult your GP or Chiropodist before use.**

#### *PEDIKUR Herbal Cream*

Use PEDIKUR Herbal Cream to round off your footcare routine perfectly. Just as brushing your teeth daily creates a radiant smile, PEDIKUR takes care of your feet and contributes to increased self confidence and beautiful feet.

PEDIKUR Herbal Cream is an important part of the personal hygiene regime of modern individuals. Massage it at least twice weekly into your feet. After only a few applications it will become indispensable. The more often you use PEDIKUR Herbal Cream the less you'll need PEDIKUR lotion to remove excessive calluses.

#### *Application Tip:*

Use PEDIKUR Herbal Cream very sparingly, a small amount will suffice.

#### *Important:*

1. As with any new cosmetic please test PEDIKUR first on small part of the area where hard skin is to be softened. Follow instructions and wait 24 hours. If skin appears normal, proceed with full application. If irritation occurs stop use.
2. Use PEDIKUR lotion only on dry skin. Do not wash before the treatment and ensure feet are free from perspiration. If calluses or cuticles are already damp, the lotion will not be absorbed and therefore cannot work.
3. Genuine cotton wool is the best material to use for application of PEDIKUR lotion since it can be separated into thin layers. A thicker layer will absorb too much lotion.
4. Do not use PEDIKUR lotion on irritated, sunburned, inflamed, infected, damaged, reddened or extremely sensitive skin. Use only on hands and feet. Do not use on the face. If you are unsure: please consult your doctor.
5. To prevent accidental spillage, hold away from the face when opening the bottle, and press gently on the container.
6. Always wash skin thoroughly with soap after treating with PEDIKUR lotion. Afterwards apply PEDIKUR herbal cream to the treated area.
7. To avoid stains on furniture etc. protect them during application with some material such as an old newspaper or plastic bag. Avoid towels or the like as they may absorb the lotion from the cotton wool.
8. PEDIKUR is not for daily use! Do not use more than once a week. Some people use PEDIKUR once a week. Others once a fortnight or even more infrequently depending on their personal requirements. As stated previously the frequent application of PEDIKUR Herbal Cream will gradually reduce your requirements for PEDIKUR lotion over time.

# PEDIKUR

## Step 1

To soften unsightly excessive calluses apply a thin layer of cotton wool to the area of hard skin to be treated. Genuine cotton wool is the preferred material since it can be separated into thin layers. A thicker layer will absorb too much lotion leaving the calluses poorly penetrated.



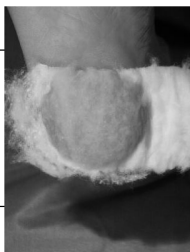
## Step 2

Apply some drops of PEDIKUR lotion to the cotton wool and spread the lotion with the bottom of the bottle. This eliminates any air residue in the cotton wool to allow the hard skin to absorb the lotion more effectively. Top tip: To soften very smooth, hard skin, roughen the surfaces of the calluses before treatment, so that the lotion can penetrate more easily. To avoid stains on furniture etc ensure you protect your treatment area.



## Step 3

Leave the soaked piece of cotton wool on the foot you are treating for up to 20 minutes maximum.



## Step 4

On other areas of your feet (eg on the ball or on the toe) please follow the same procedure as before. Place a thin layer of cotton wool onto the dry skin, apply the lotion sparingly and let it soak for up to 20 minutes maximum.



## Step 5

This is how the treated area should appear.



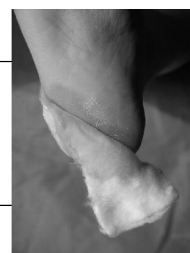
## Step 6

To fix the soaked cotton wool to your foot you may want to wrap cling-film around it but you are not advised to walk around. Tip: If when treating a particularly thick layer of hard skin, the cotton wool appears to be almost dry again after the first 10 minutes of application time, you can apply more lotion and leave it on 20 minutes maximum.



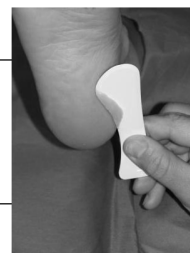
## Step 7

Please remove the cotton wool after approximately 20 minutes maximum.



## Step 8

Now scrape off the softened dry skin with the specially designed spatula included in this pack.



## Step 9

After the dry skin has been removed, wash the skin with soap then dry your feet thoroughly and apply PEDIKUR Herbal Cream sparingly. Use PEDIKUR Herbal Cream frequently to round off your daily foot-care routine perfectly. Just as brushing your teeth daily creates a radiant smile, PEDIKUR takes care of your feet and contributes to increased self confidence and beautiful feet. Massage the cream into your feet at least twice weekly. After only a few treatments it will become indispensable. The more often you use PEDIKUR Herbal Cream, the less you will need PEDIKUR lotion to remove excessive dry skin.



## Important: Care and Safety Advice

To prevent accidental spillage, hold away from the face when opening the bottle, and press gently on the container. Use PEDIKUR lotion ONLY on DRY SKIN. Do not wash before the treatment and ensure feet are free from perspiration. If the calluses are damp, then the lotion will not be absorbed and therefore cannot work. PEDIKUR lotion is not for daily use! Do not use more than once a week. Some people use PEDIKUR lotion once a week, others once a fortnight or more infrequently depending on their personal requirements. The frequent application of PEDIKUR Herbal Cream will gradually reduce your requirements for the lotion over time. PEDIKUR lotion is not for use on broken skin or extremely sensitive skin. If you are unsure please consult your doctor. If you get splashes on your hands please rinse them off.