

Taking Care of Your Hands & Feet



As a wellness initiative, HCMH offers hand and foot care services for men and women, provided by a Certified Nail Technician at the Britt Medical Clinic.

Healthy looking hands and feet say a lot about you. They show that maintaining good health is an important part of your life.

Nail care for both hands and feet through proper clipping, filing, and soaking can make a tremendous difference in reducing the incidence of hand and foot problems. Foot and nail disorders affect a majority of the population, particularly Seniors.

In addition to looking good, proper hand and foot care is essential for maintaining a healthy, comfortable and active lifestyle.



Sherri Harle
Certified Nail Technician
By appointment at the
Britt Medical Clinic

Call for an appointment:
641-843-5050

Hand & Foot Care Services



Foot Care

Full Pedicure (75-90 minutes). \$37

Our full pedicure begins by a soak in the relaxing whirlpool footbath. A sugar scrub is then applied for exfoliation of rough dehydrated skin. Feet and lower legs are treated to a therapeutic massage, before being wrapped in heated towels to hydrate and moisturize. Complete toenail care is performed, and finished off with a polish color of your choice to make your feet look as good as they feel.

Classic Foot Care (30 minutes). \$22

Your feet are treated to a whirlpool soak in the footbath chair, thoroughly cleansed, exfoliated and complete toenail care is performed, including trimming and filing. The nail technician will also assess for general foot problems and provide foot health education. Classic foot care on a regular basis is beneficial for those who have limited ability to reach their feet or any other difficulties in caring for their feet.

Foot Soak, Whirlpool & Massage (30 minutes). \$22

Relax while your feet soak in the footbath and whirlpool, followed by a therapeutic massage of the feet and lower legs that will hydrate and moisturize.

Relaxing Foot Massage (20 minutes). \$16

Therapeutic massage of the feet and lower legs that will ease stiffness, hydrate and moisturize.



Hand Care

Full Manicure (30-40 minutes). \$16

All natural nails need tender loving care, and that is just what they will get with this manicure. Our full manicure begins with an exfoliating sugar scrub. A moisturizing and relaxing hand massage prepares nails and cuticles for full treatment, finished with a flawless application of polish in a color of your choice. For only \$7.00, add a soothing, moisturizing, paraffin dip to your manicure.

Paraffin Hand Treatment & Massage (15-20 minutes). \$16

Warm paraffin wax treatment eases stiffness while softening the skin. Followed by a therapeutic and moisturizing hand massage.

Hand & Foot Care Tips

Hands and feet are two body parts that get a daily workout. Foot and nail disorders affect about three-fourths of the population and are very common as we age.

Following are some tips to help you keep hands and feet in good condition between regular visits:

- ❖ Clean hands and feet are important. Thorough hand washing is one of the best things you can do to reduce the spread of germs and illness.
- ❖ Moisturize hands and feet to prevent cracked skin that allows infection to enter. Don't put lotion between the toes, however, where fungus can get a toehold.
- ❖ If you notice discoloration or thickening in your toenails or fingernails, ask your health care provider for advice. You may need a medication to help treat the problem.



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Sherri Harle,
Certified Nail Technician

Gift Certificates available

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To schedule your
appointment.**

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