

PHARM FOOT

my way 

Pediatric

podiatry

While developing the PHARM FOOT formulas, we wanted to create professional dermocosmetic products which support dermatological, podological and cosmetic treatments.

The perfectly composed formulas were created thanks to a team of specialists under the supervision of Prof. Irena Walecka, an authority in the field of dermatology.

We therefore give you products that are proven, tested and, above all, work perfectly!



Associate Profesor Irena Walecka M.D,PhD,MBA
Head of the Dermatology Clinic of CMKP/CSK MSWiA in Warsaw



we

Follow your feet!

Taking care of your feet at every stage of the salon treatment
and continuing care at home.

PHARM FOOT was created in response to the needs of professionals who want to develop,
who want to improve their competences and expand the portfolio of services
with foot care treatments.

PHARM FOOT was created with health, quality and effects in mind. These are cosmetics
that take care of the skin, reach the source of problems to prevent them in the future.

PHARM FOOT wants to improve the quality of life of people with foot problems, give them the
opportunity to achieve more, feel better, be well-groomed and beautiful.

PHARM FOOT perfectly fills the free space on the professional market, between
classic pedicures and advanced podiatry. PHARM FOOT is a pioneer in the category
combining podiatry and beauty.

PHARM FOOT is a podiatry brand by VICTORIA VYNN.



PHARM FOOT PRODUCT LINES



UREA line
Based on high concentrations
of UREA



COLOSTRUM line
with the addition of
the innovative ingredient
COLOSTRUM



MICROSILVER line
enriched with MICROSILVER
which has strong antibacterial
properties

**PHARM
FOOT**
my way 



ALL IN line
combines unique
ACTIVE ingredients



OZONE OIL line
with OZONATED OLIVE OIL



OZONE OIL & HERBS
combines the effects of
OZONE OIL with
the power of HERBS

Division of PHARM FOOT dermocosmetics according to:

■ stages of the treatment:
PREP, CARE, TREATMENT, REPAIR

■ place of use:
SALON, SALON & HOME, HOME

TREATMENT STAGES

1 PREP 1st stage of the treatment - prep

Proper disinfection, refreshment and softening of the epidermis is the basis of each treatment. A wide range of PHARM FOOT dermocosmetics from the PREP sector will allow you to select the appropriate products - according to the needs of the method of treating the skin of the feet.

SALON
for professional
use only



SALON & HOME
for professional
and home use



HOME
for home use



2 CARE 2nd stage of the treatment - care

For foot care, use products appropriately selected for the skin problem. It is also very important to continue the care at home.



3 TREATMENT 3rd stage of the treatment - treatment

Products intended for the treatment of the area around the nail, as well as protection against mycosis and cracking of the heels, are a very important element of podiatry therapy. To be used, depending on the needs and problems, in the salon and at home.



4 REPAIR 4th stage of the treatment - reconstruction

To reconstruct a damaged nail plate, a specialist podiatry mass that provides protection is necessary to protect the nail bed against external factors and unfavorable microflora.



INNOVATIVE PRODUCT LABELING SYSTEM

THE LETTERS

S, SH, H

indicate the intended place of use of the products:

- S - at the salon
- SH - at the salon and at home
- H - at home

THE NUMBERS

1, 2, 3, 4

represent the stage of the treatment



PRODUCT KEY

S SALON for professional use only	1 PREP stage 1 of the procedure: prep
SH SALON & HOME for professional and home use	2 CARE Stage 2 of the procedure: care
H HOME for home use	3 TREATMENT Stage 3 of the procedure: treatment
	4 REPAIR Stage 4 of the procedure: reconstruction

COLORS

indicate the leading active ingredient of the line.

UREA

with Urea

COLOSTRUM

with Colostrum

MICROSILVER

with Microsilver

OZONE OIL

with Ozonated Olive Oil

ALL IN

a mix of active ingredients

OZONE OIL & HERBS

with ozone oil and herbs

UREA line



Based on high concentrations of UREA

UREA is a diamide of carbonic acid. It is a safe ingredient which is well tolerated even by people prone to allergies and irritations. Research proves that urea strongly moisturizes, softens, soothes itching and even disinfects. Due to its effective action, urea is an ingredient used in specialized products which support the fight against calluses, corns, dry, rough and calloused skin and cracking heels.

The properties and effects of urea depend on its concentration.

< 5%



Stimulates the regeneration of the epidermis. Can be used several times a day.

< 10%



Has a moisturizing, softening and antibacterial effect. Can be used 1-2 times a day.

< 20%



Strongly softens, moisturizes and gently exfoliates. Can be used 1-2 times a week.

< 30%



Has a strong exfoliating effect. To be used 1-2 times a month.

< 40%



Used only in dermatological treatments strictly according to doctor's instructions.

ANTI CALLUS MASTER

SOFTENING FOAM

30% UREA

S.1

SALON
PREP

FOR PROFESSIONAL USE ONLY

STAGE 1 OF THE TREATMENT - PREP

RECOMMENDATIONS

- foam for softening calluses on the skin
- for local softening of calluses and corns, as well as the skin around the nails
- also recommended for diabetics

EFFECT

- the active foam does not run off the skin, it penetrates deep into the calluses
- has a strong softening effect
- facilitates the removal of dead skin
- helps to clean the nail plate
- provides antibacterial and antimicrobial protection

ACTIVE INGREDIENTS:

- Urea 30%
- Dermosoft Decalact
- Lemongrass Oil

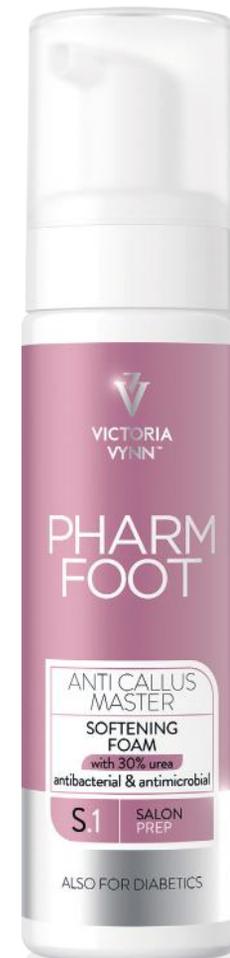
HOW TO USE

- apply the product on the area requiring softening
- leave for approx. 5 minutes
- remove calluses
- rinse and dry

200 ml - approx. 60 treatments

EXPERT ADVICE

- If the calluses are removed with a milling machine using the "wet" method, you can work in active foam, adding the appropriate amount of the product, if necessary.



UREA
Line



ref. 330984

POINT SOFTENER

ANTI CALLUSES & INGROWN TOENAILS FLUID

30% UREA

RECOMMENDATIONS

- fluid for point softening of calluses and corns
- to soften the skin around the nails
- on nails with a tendency to ingrow
- also recommended for diabetics

ACTIVE INGREDIENTS:

- 30% Urea
- Tea tree oil
- Clove oil
- Lavender oil
- Peppermint oil



EFFECT

- effectively softens and prepares the skin for further stages of the treatment
- soothes discomfort associated with ingrown nails
- supports antibacterial and antimicrobial prevention

HOW TO USE

- shake before use
- apply on the selected area
- wait for 5 to 15 minutes, depending on the degree of callus
- remove the dead skin
- clean the nail shafts

15 ml

EXPERT ADVICE

- You can use the product at home for several days before the treatment, as recommended by a specialist.

UREA

Line

DERMA SCRAPER

SOFTENING SALT & SUGAR SCRUB

WITH UREA & GOJI BERRY EXTRACT

SH.1 SALON&HOME
PREP

FOR PROFESSIONAL AND HOME USE
STAGE 1 OF THE TREATMENT - PREP

RECOMMENDATIONS

- for mechanical peeling of dry and hard skin of the feet as well as for hands and body
- enhances absorption of care products

EFFECT

- has excellent exfoliating and softening properties
- regenerates
- gives the sensation of intense hydration of dried out skin
- has a relaxing effect

ACTIVE INGREDIENTS:

- Urea
- Shea butter
- Salt and sugar crystals
- Cranberry seed particles
- Particles from the walnut shells
- Goji berry extract
- Squalane

HOW TO USE

- apply an appropriate amount of scrub on hands and massage
- for better regeneration effect you can leave the preparation under foil occlusion for a few minutes
- rinse with water and dry the skin
- in case of application at the final stage of the treatment, a suitable cream can be applied

200 g

EXPERT ADVICE

- PRODUCT NOT ONLY FOR FEET!
- We also recommend it at the end of manicures and for scrubbing hands.
- Also perfect for the shower as a full body scrub.



ref. 332235

UREA
Line



ref. 330995

FOOT MOUSSE

FOAM - CREAM AT THE END OF THE TREATMENT

5% UREA

RECOMMENDATIONS

- light cream in the form of a foam for the care of rough and dry skin on the feet
- recommended for everyday use and at the end of the treatment
- recommended for people who practice sports
- also recommended for diabetics

EFFECT

- maintains good condition of the skin
- moisturizes and softens
- soothes tired feet
- absorbs very quickly

ACTIVE INGREDIENTS:

- 5% Urea
- Olive oil
- Betaine
- Polysaccharide
- Aloe extract
- Panthenol
- Vitamin E
- Allantoin

HOW TO USE

- shake before use
- keep the packaging in an upright position
- squeeze out the appropriate amount of foam and massage into cleansed skin of the feet
- leave to be absorbed
- use 1-2 times a day or at the end of the treatment

125 ml - approx. 45 treatments

EXPERT ADVICE

- Irreplaceable in the summer season. NO SLIPPERY FEET EFFECT.

UREA
Line

DERMO reSOFTENER

SOFTENING & MOISTURIZING CREAM

10% UREA

SH.2 SALON&HOME
CARE

FOR PROFESSIONAL AND HOME USE
STAGE 2 OF THE TREATMENT - CARE

RECOMMENDATIONS

- cream for very dry skin of the feet with a tendency to cracking and excessive keratosis of epidermis
- also recommended for diabetics

EFFECT

- accelerates epidermal regeneration
- helps to maintain an appropriate level of moisturizing
- makes the skin soft and smooth

ACTIVE INGREDIENTS:

- 10% Urea
- Almond oil
- Shea butter
- Panthenol
- Allantoin
- Water mint extract
- Tea tree oil

HOW TO USE

- apply on cleansed feet
- massage in and leave to soak in
- use once or twice a day

75 ml - approx. 35 treatments

EXPERT ADVICE

- Recommend for daily use and continuing care at home.



ref. 330988

UREA
Line



ref.332239

HYDRO CREAM

MOISTURIZING SPRAY FOR DRY SKIN

10% UREA & HUMECTANTS

RECOMMENDATIONS

- innovative spray that works like a cream
- for the care of dry skin on the feet, hands and body
- also recommended for diabetics

EFFECT

- gives the feeling of instant and long-lasting moisturization
- refreshes and restores comfort to dry skin
- creates a protective layer that provides sense of soothing
- regenerates

ACTIVE INGREDIENTS:

- Urea
- Glycerin
- Betaine
- Prebiotic (Inulin)
- Panthenol
- Allantoin
- Lemongrass oil

HOW TO USE

- spray the skin from a distance of about 20 cm
- you can gently pat the preparation or leave it to be absorbed spontaneously
- use at the end of the treatment or as a preventive measure, 1-2 times a day

150 ml

EXPERT ADVICE

- PRODUCT NOT ONLY FOR FEET!
- Can be used on hands and whole body
- Perfect for seniors and people with mobility difficulties, having problems with the application of foot cream.

DERMO INTENSE

MOISTURIZING, ANTI-KERATOSIS CREAM

15% UREA & COLLAGEN

SH.2 SALON&HOME
CARE

FOR PROFESSIONAL AND HOME USE
STAGE 2 OF THE TREATMENT - CARE

RECOMMENDATIONS

- an intensive cream for the care of very dry and rough skin of the feet, hand and body
- especially recommended for keratinized skin of elbows, knees and heels
- also recommended for diabetics

EFFECT

- intensively moisturizes
- improves skin elasticity
- positively influences the process of excessive keratosis of the epidermis
- has soothing and nourishing properties
- leaves the skin feeling soft and gentle

ACTIVE INGREDIENTS:

- Urea 15%
- Collagen
- Shea butter
- Lanolin
- Sweet almond oil
- Panthenol
- Allantoin
- Bee wax
- Lemongrass oil
- Water mint extract

HOW TO USE

- apply the cream on the clean skin
- massage in and leave it to be absorbed
- apply twice a day to areas excessively keratinized or daily as a preventive measure

250 ml

EXPERT ADVICE

- PRODUCT NOT ONLY FOR FEET!
- We also recommend at the end of manicure for hand care.
- Perfect for daily home care care of feet, hands and body.



ref. 332238

UREA
Line



ref. 332234

UREA FORTE

ANTI-KERATOSIS OINTMENT

25% UREA & EMOLLIENTS

RECOMMENDATIONS

- ointment with 25% urea and emollients for very dry, cracked and prone to keratosis foot skin
- also recommended for diabetics

EFFECT

- reduces skin roughness
- perfectly softens and moisturizes
- prevents re-keratinization through gradual exfoliation
- regenerates
- smooths

ACTIVE INGREDIENTS:

- Urea 25%
- Shea butter
- Vegetable oils
- Candelilla wax
- Panthenol
- Allantoin
- Vitamin E

HOW TO USE

- apply the ointment on the feet, on the places affected by keratosis
- massage in and leave it to be absorbed

75 ml - approx. 40 treatments

EXPERT ADVICE

- Due to the high concentration of urea preparation should be used under supervision and according to the recommendations of specialist.



COLOSTRUM line



With the addition of the innovative ingredient COLOSTRUM

COLOSTRUM is bovine colostrum, a natural, extremely valuable raw material. It has strong regenerative, nourishing and protective properties. Colostrum contains over 250 bioactive substances, e.g. antibodies, leukocytes, enzymes with oxidizing properties for bacteria, proteins that prevent viruses from reproducing, folic acid, magnesium and zinc compounds and vitamins.

Colostrum is recommended for the care of a diabetic foot.

BIO COMPRESS

NOURISHING & SOOTHING CREAM

WITH COLOSTRUM & ALOE VERA

SH.2 SALON&HOME
CARE

FOR PROFESSIONAL AND HOME USE

STAGE 2 OF THE TREATMENT - CARE

RECOMMENDATIONS

- a cream for the care of thin, sensitive, very dry and poorly nourished skin of feet, hands and body
- recommended also for diabetics

EFFECT

- regenerates
- soothes skin irritated after aggressive treatments
- moisturizes
- smoothens

HOW TO USE

- apply the cream on the cleansed skin
- massage in and leave it to be absorbed daily
- use at the end of the treatment or as a preventive measure, 1-2 times a day

250 ml

EXPERT ADVICE

- PRODUCT NOT JUST FOR FEET!
- We also recommend it for hand care at the end of manicure.
- Perfect for daily home care of feet, hands and body.

ACTIVE INGREDIENTS:

- Colostrum
- Aloe vera extract
- Shea butter
- Cotton oil
- Green tea extract
- Set of sugars
- Allantoin
- Panthenol



ref. 332237

COLOSTRUM
Line

COLOSTRUM

Line



ref. 330998

onyPLASMA ONYCHOLYSIS MIXTURE WITH COLOSTRUM

RECOMMENDATIONS

- product recommended for the regeneration and reconstruction of the nail plate, with a tendency of onycholysis, i.e. detachment of the nail plate from the nail bed
- also recommended for diabetics

ACTIVE INGREDIENTS:

- Colostrum
- Tea tree oil
- Aloe juice
- Shea butter
- Betaine
- Castor oil



EFFECT

- stimulates the reconstruction of the nail plate
- nourishes, regenerates and moisturizes the nail bed
- has antimicrobial and antibacterial properties

HOW TO USE

- shake before use
- apply and press the appropriate amount under the nail and on the nail bed
- massage in
- use at least 2 times a day

15 ml

EXPERT ADVICE

- Most effective in combination with COLLAGEN POWER or SILVER BOOSTER.
- Can be used under an overnight foil wrap.

Podiatry pedicure



is a treatment that requires proper diagnosis of the skin and nail problems. It includes activities related to therapy and prevention. A podiatry pedicure is the removal of hyperkeratosis, corns and calluses, the regeneration of, for example, cracked and dry skin, antibacterial and anti-fungal treatments and therapies related to the dysfunction of the nail plate.

MICROSILVER line



Enriched with MICRO SILVER, which has strong antibacterial properties

MICROSILVER, or silver ions, strengthen and protect the skin, effectively eliminate bacteria and fungi. They work against resistant bacteria and prevent their development for a long time. Microsilver counteracts the unpleasant smell of the feet. Products with the content of micro silver are recommended for people who have dry skin, blemishes or suffer from psoriasis.

BAMBOO PROPHYLACTIC SOCKS WITH SILVER IONS

with antibacterial and antimicrobial properties

SH.2 SALON&HOME
CARE

FOR PROFESSIONAL AND HOME USE
STAGE 2 OF THE TREATMENT - CARE

RECOMMENDATIONS

- ankle socks
- recommended for people with recurrent mycosis of the feet and nails and those struggling with hyperhidrosis of the feet

HOW TO USE

- use after each treatment performed on the feet, as well as a preventive measure on a day-to-day basis
- wash at 40 °C
- do not dry clean
- do not tumble dry
- do not iron
- do not bleach

EXPERT ADVICE

- Bamboo socks with silver ions should be used in the salon at the end of each pedicure treatment.

EFFECT

- prolong the effect of the treatment by creating a favorable environment inside the sock
- provide antibacterial and antifungal protection
- non-pressure finishing of the socks does not interfere with blood circulation
- thanks to a non-slip finish they do not slip off the feet

ACTIVE SUBSTANCES:

- **Zinc pyrithione**
The use of zinc pyrithione in knitted fabrics is acceptable and safe; the agent is permanently bound to the fiber and does not penetrate the skin. However, it reduces the development of Micro-organisms in the knitted fabric.
- **Silver ions**



ref. 331106 (35-38)
ref. 331107 (39-42)
ref. 331591 (43-46)

MICROSILVER
Line



ref. 330996

SILVER BOOSTER TINCTURE WITH MICROSILVER

with antibacterial and antimicrobial properties

RECOMMENDATIONS

- tincture for the care of nails and the nail shafts during the treatment of mycosis
- supports antimicrobial prophylaxis
- also recommended for diabetics

ACTIVE INGREDIENTS:

- Microsilver
- Tea tree oil
- Extracts of rosemary, marshmallow, sage, willow, lemon
- Lavender oil
- Clove oil



EFFECT

- has antibacterial and antimicrobial properties
- thanks to the richness of active ingredients works on many levels
- soothes irritations
- protects against external factors

HOW TO USE

- apply on the nail shaft and nail plate at the end of the treatment
- continue the treatment at home, apply the product in the morning and evening
- use until satisfactory results are obtained and as a prophylaxis

15 ml



Cosmetic pedicure

is a relaxing and beautifying care treatment. Often connected with an aromatherapeutic foot bath and a relaxing foot massage. The treatment result in moisturized, smooth feet, complemented by a beautiful nail design.

OZONE OIL line



| Line with ozonated olive oil

OZONE is one of the most effective germicides, antiviral and antifungal agents.

OLIVE OIL is rich in antioxidants, it is a source of vitamins A, B, C, D, E and F. It perfectly moisturizes, nourishes and regenerates the skin.

The combination of both ingredients creates OZONE OIL, which is the perfect duo, which revitalizes the skin, heals injuries, burns and even bedsores. The use of OZONATED OIL helps with chronic skin problems such as psoriasis, "ichthyosis" or atopic dermatitis. It improves microcirculation, oxygenates and nourishes cells. It reduces inflammation and creates a protective film, kills fungi and free radicals.

OZONE SAFE

SKIN MICROBIOME SUPPORT CREAM

WITH OZONATED OIL & PREBIOTIC

SH.2 SALON&HOME
CARE

FOR PROFESSIONAL AND HOME USE
STAGE 2 OF THE TREATMENT - CARE

RECOMMENDATIONS

- skin care cream for feet, hands and body
- perfect for dry, damaged, scaly skin
- also recommended for diabetics

EFFECT

- regenerates dry and damaged skin
- supports the balance of the natural microbiome
- leaves a protective layer
- gives a feeling of hydration



HOW TO USE

- apply the cream on the cleansed skin
- massage in and leave until absorbed
- use at the end of the treatment or as a preventive measure, 1-2 times a day

ACTIVE INGREDIENTS:

- Ozonated oil
- Prebiotic (Inulin)
- Shea butter
- Mango butter
- Avocado oil
- Allantoin
- Hyaluronic acid
- Panthenol
- Urea
- Red algae extract

250 ml

EXPERT ADVICE

- PRODUCT NOT JUST FOR FEET!
- We also recommend it for hand care at the end of manicure.
- Perfect for daily home care of feet, hands and body.



ref. 332236

OZONE OIL
Line



ref. 330997

OZONE GUARD PROTECTIVE SPRAY WITH OZONE OIL

RECOMMENDATIONS

- spray for feet with an unbalanced skin microbiome
- hyperhidrosis and unpleasant foot odor
- recommended for people who use swimming pools and do sports
- also for diabetics

ACTIVE INGREDIENTS:

- Ozonated olive oil
- Menthol
- Panthenol
- Polysaccharide



EFFECT

- reduces sweating and refreshes feet
- soothes
- does not dry out, can be used on dry skin
- leaves a delicate film on the skin
- has antimicrobial and antibacterial properties

HOW TO USE

- spray the feet from a distance of 10 cm
- can be applied after a pedicure
- use several times a day as a prophylaxis

150 ml - approx. 150 treatments

CRACKED HEEL PROTECTOR

PROTECTIVE OINTMENT FOR CRACKING HEELS WITH OZONE OIL

SH.3 SALON&HOME
TREATMENT

FOR PROFESSIONAL AND HOME USE
STAGE 3 OF THE TREATMENT - TREATMENT

RECOMMENDATIONS

- nourishing ointment for intensive regeneration of the dry, rough and cracked skin of the heels
- also recommended for diabetics

EFFECT

- has a strong regenerating effect
- supports skin repair processes
- creates an occlusive layer, prevents excessive water loss
- soothes, gives the skin elasticity softness and smoothness
- provides antimicrobial and antibacterial protection

ACTIVE INGREDIENTS:

- Ozonated olive oil
- Allantoin
- Shea butter
- Lanolin
- Almond oil
- Urea
- PanthenolT

HOW TO USE

- apply the ointment to a cleansed area
- use under foil occlusion during or at the end of the treatment
- use at night due to the rich composition of ingredients

75 ml - approx. 40 treatments

200 ml - approx. 110 treatments

20 ml - approx. 10 treatments



OZONE OIL
Line

ALL IN line



Line combines unique active ingredients

- COLLAGEN improves skin elasticity and firmness.
- TEA TREE OIL a natural antimicrobial and antibacterial agent.
- PANTHENOL soothes irritations.
- AHA and BHA ACIDS help to remove dead skin cells.
- SHEA BUTTER strongly regenerates.
- CALENDULA EXTRACT accelerates healing, has anti-inflammatory, antibacterial and anti-fungal properties.
- POTASSIUM HYDROXIDE has a strong softening effect on the skin, which facilitates the removal of hyperkeratosis.
- BOCHEŃSKA SALT regulates the work of sweat glands.
- SINODOR absorbs unpleasant odors.
- PEONY ROOT EXTRACT has antibacterial and antifungal properties.

And many other ingredients that have a beneficial effect on the skin.

SEPTI STARTER REFRESHING SPRAY

with antibacterial and antimicrobial properties

S.1

SALON
PREP

FOR PROFESSIONAL USE ONLY

STAGE 1 OF THE TREATMENT - PREP

RECOMMENDATIONS

- spray for refreshing and disinfecting feet
- also recommended for diabetics

EFFECT

- refreshes feet before performing treatments
- has antiseptic and antibacterial properties
- provides a pleasant feeling of refreshment
- has a soothing effect
- removes unpleasant foot odor

ACTIVE INGREDIENTS:

- Alcohol 75%
- Tea tree oil
- Panthenol
- Sinodor

HOW TO USE

- spray the feet from a distance of 10 cm
- spread to less accessible areas
- use before and during treatments

300 ml - approx. 100 treatments



ref. 330978

ALL IN
Line



ref. 331214

reCONSTRUCTOR

SET FOR FILLING NAIL DEFECTS

ACRYLIC-GEL MASS with white peony root extract
and a LIQUID for mass modeling

RECOMMENDATIONS

- nail reconstruction kit
- for the renewal and reconstruction of damaged nail plates

ACTION

- the “new nail” created as a result of reconstruction protects the healthy nail plate and the nail bed during regrowth
- slightly masking mass allows you to observe the growth and assess the condition of the natural nail

ACTIVE INGREDIENTS:

- White peony root extract: flavonoids, terpenes, tannins, paeonol, gallic acid, catechin.

HOW TO USE

- thoroughly clean and degrease the application site
- form a new nail with the mass using the liquid
- cure in the lamp: UV: 120 s/LED: 60 s
- create the shape of the nail using a nail drill or nail file

30g/27ml - approx. 100 treatments

EXPERT ADVICE

- Make sure that there are no contraindications for the reconstruction

Nail plate reconstruction



is a procedure involving the reconstruction of the nail plate.

Usually, the reconstruction is performed due to aesthetic reasons as in the case of a missing part of the nail or its almost complete absence, as well as in the case of a deformed nail, e.g. after a mechanical injury.

A specialist podiatry mass is used for reconstruction.

STEP BY STEP for nail reconstruction



Before the treatment



1 Disinfect the treatment site with SEPTI STARTER liquid



2 Using a nail drill or nail file, prepare the nail for reconstruction: remove or file the damaged part, clean the nail shaft, remove the cuticles



3 DEGREASE THE NAIL WITH SALON NAIL PREP



4 Take the desired amount of mass and use a brush moistened with the liquid, apply it evenly and shape the nail



5 Cure the formed mass in the LED lamp for 60 s or UV for 120 s



6 Using a nail drill or nail file, even out the formed nail. Evenly applied mass does not require shape correction, only the leveling of the free edge of the nail.



7 After the reconstruction procedure, it is recommended to use the COLLAGEN POWER collagen serum



After treatment

IMPORTANT INFORMATION:

Make sure that there are no contraindications for reconstructing the nail plate. It is recommended to check the condition at the reconstruction site 3 days after the procedure. Changes that are not visible on the day of the procedure may develop in the following days. The translucent reCONSTRUCTOR mass facilitates the observation of the condition of the nail plate

INDICATIONS:

- **Aesthetic correction of toenails:**
 - deformed nail after mechanical injury
 - partial loss or almost no nail plate
 - the growth of the nail is stopped in length and only grows in thickness
- **Eliminating toe pain** when the toe tip is exposed, when it's not protected by the natural nail

CONTRAINDICATIONS:

- cuts and wounds within the reconstruction area
- onychomycosis
- bacterial infections in the area of the nail
- inflammation of the nail shafts

POST-TREATMENT RECOMMENDATIONS:

- hygiene and thorough drying of the treatment site after a water bath
- the use of Collagen Power regenerating and protecting the microbiome of the skin around the nail
- in the case of permanently damaged nails, the growth of which is disturbed, it is recommended to change the reconstruction once a month
- the reconstruction should be removed in the podiatry / pedicure office after the time of healing

The durability of the reconstruction depends on individual predispositions, e.g. hyperhidrosis of the feet, and external factors: long baths, practicing sports such as running, ball games, etc.

ACTIVE INGREDIENTS:

MASS

- **WHITE PEONY ROOT EXTRACT** has been used in Chinese medicine for centuries as an anti-inflammatory and soothing agent in the event of discomfort caused by skin irritation. The **flavonoids**, **terpenes** and **tannins** contained in the extract have an antioxidant effect, protect the proteins important for the skin against free radicals. They improve the color and texture of the skin. **Paneonol**, **gallic acid** and **catechin** contained in the extract have antibacterial and antifungal properties.

LIQUID

- **The high concentration of alcohol contained in the liquid** protects the skin and nails during the reconstruction procedure against the development of bacteria and fungi.



ref. 332126

OSMO TONIC FOOT SOFTENER SPRAY WITH OSMOLYTES & AMINO ACIDS

RECOMMENDATIONS

- foot spray to soften calluses
- for dry and very dry skin
- recommended also for diabetics

EFFECT

- perfectly softens by moisturizing, using synergistic action active ingredients and the effect of osmosis
- supports professional removal of calluses with the use of podiatric tools
- possesses antibacterial and antimicrobial properties

ACTIVE INGREDIENTS:

- PuraBeet® (Betaine)
- Alpha-Glucan
- Bisabolol
- Sodium Salt of Pyroglutamic Acid
- Glutamic acid
- Allantoin
- Urea
- Lactic acid
- Lysine

HOW TO USE

- spray the selected place from a distance of about 10 cm
- leave for a while and proceed to remove calluses
- can be applied repeatedly

150 ml - approx. 50 treatments

EXPERT ADVICE

- Use when working with tools such as scalpel and chisel.
- Reduce the time of the service performed thanks to the quick effect of the product.



FRESH CRYSTALS REFRESHING FOOT BATH SALT

for foot bath



5000 g
ref. 331407



ref. 330980

RECOMMENDATIONS

- foot bath salt
- refreshes and softens the skin
- recommended for feet with hyperhidrosis

EFFECT

- has a refreshing and relaxing effect
- improves the softness and condition of the skin

ACTIVE INGREDIENTS:

- Bochnia salt
- Collagen

HOW TO USE

- Dissolve 2 measuring cups of salt in 3 liters of warm water
- soak feet for 3 to 15 minutes
- dry and proceed to the next stages of the treatment

1250 g - approx. 30 treatments

5000 g - approx. 125 treatments

EXPERT ADVICE

- Adapt the solution temperature and bath time to the treatment.



FOOT SCRAPER

SALT & SUGAR SMOOTHING SCRUB WITH OIL COMPLEX & SHEA BUTTER

SH.1 SALON&HOME
PREP

FOR PROFESSIONAL AND HOME USE
STAGE 1 OF THE TREATMENT - PREP

RECOMMENDATIONS

- for mechanical scrub of the skin of the feet

EFFECT

- has excellent exfoliating and softening properties
- regenerates and intensively moisturizes dry skin
- smoothes and tones
- has a relaxing effect

ACTIVE INGREDIENTS:

- Salt and sugar crystals
- Apricot kernel, almond and nut shell particles
- Shea butter
- Sunflower seed, corn, sesame and macadamia nut oils
- Olive oil

HOW TO USE

- apply the appropriate amount of peeling to your hands and massage the feet
- for a better regeneration effect, leave the product under a foil occlusion for a few minutes
- rinse with water and dry your feet

200 g - approx. 20 treatments

800 g - approx. 80 treatments

EXPERT ADVICE

- By emulsifying the scrub with the right amount of water, you can adjust the gradation of particles to your skin type.



ref. 331590

ref. 330985

ALL IN

Line



ref. 330982

KERATOSIS exTERMINATOR

INSTANT SOFTENING & CALLUS REMOVING GEL

RECOMMENDATIONS

- gel for softening calluses and corns
- prepares the feet for mechanical removal of calluses
- also recommended for diabetics

EFFECT

- strongly softens calloused epidermis
- stimulates the skin to renew and regenerate
- smoothes and tones
- reduces the epidermis' tendency to crack

ACTIVE INGREDIENTS:

- Potassium hydroxide
- AHA and BHA acids:
lactic, glycolic, citric,
malic, salicylic

HOW TO USE

- put on protective gloves
- apply product to the treatment area
- wrap tightly in foil and leave for 3 to 15 minutes, the duration of occlusion depends on the degree of calluses
- remove the calloused epidermis
- rinse feet with water
- do not use on damaged skin

400 ml - approx. 80 treatments

COLLAGEN POWER

COLLAGEN SERUM WITH TEA TREE OIL

SH.3 SALON&HOME
TREATMENT

FOR PROFESSIONAL AND HOME USE
STAGE 3 OF THE TREATMENT - TREATMENT

RECOMMENDATIONS

- serum for the regeneration of the nail bed and damaged nail plate
- also recommended for diabetics

EFFECT

- supports the regeneration of the epidermis
- has an excellent effect on the renewal of the skin around the nail
- softens, nourishes and soothes
- has antiseptic and antimicrobial properties

ACTIVE INGREDIENTS:

- Collagen
- Tea tree oil
- Macadamia oil
- Argan oil
- Almond oil
- Calendula extract
- Glycerin

HOW TO USE

- shake before use
- apply to the nail shaft
- massage gently and leave to absorb
- use regularly, 1-2 times a day

15 ml

EXPERT ADVICE

- In the case of onycholysis, use in a duo with onyPLASMA strictly under specialist supervision.
- Recommended at the end of manicures and pedicures.



ref. 330999

ALL IN
Line



OZONE OIL & HERBS line



A line combining the beneficial effects of OZONE OIL with the power of nature contained in HERBAL OILS AND EXTRACTS

Herbal extracts and oils used in cosmetics make it possible to deal with many skin conditions, so they are especially appreciated in podiatry, where there is no shortage of skin problems. They have excellent anti-inflammatory, anti-viral, antibacterial, anti-fungal properties, and help treat ringworm, lesions caused by viruses, allergies, eczema, erythema or impetigo. Moreover, they are great at nourishing and moisturizing the skin, which has a positive effect on its condition.



VITAL (THUJA)
OIL



OREGANO
OIL



ROSEMARY
OIL



LAVENDER
OIL



HEMP
OIL



HORSE-CHESTNUT
EXTRACT



ARNICA
EXTRACT



TEA TREE
OIL



OZONATED
OIL

Herbal reMEDY

TREATMENT SALT WITH OZONE OIL & HERBS

RECOMMENDATIONS

- iodine-bromine foot bath salt
- for problematic skin with disorders of the skin microbiome
- for treatments that support the fight against ringworm, viral warts
- recommended for rheumatological problems, swelling and tired feet
- for normal skin and skin with a tendency to hyperhidrosis

ACTIVE INGREDIENTS:

- Ozone Oil
- Lavender Oil
- Oregano Oil
- Rosemary Oil
- Bromine, Iodine, Calcium, Magnesium Ions

EFFECT

- brings relief to tired and heavy feet and reduces their swelling
- promotes regeneration of the foot skin
- has aromatherapeutic properties

HOW TO USE

- prepare a solution with 40 g of salt and 3 liters of lukewarm water
- bath time up to 20 min
- use 1-2 times a week or as recommended by a podiatrist
- the best results can be achieved through systematic use

500 g - approx. 12 treatments

1250 g - approx. 30 treatments

EXPERT ADVICE

- Salt is perfect for scrubbing feet and the whole body. Just spread a small amount of the cosmetic on moistened skin and massage with circular movements until the salt crystals dissolve. Then rinse the skin with warm water. Can be used in the sauna.

SH.1 SALON&HOME
PREP

FOR PROFESSIONAL AND HOME USE
STAGE 1 OF THE TREATMENT - PREP

H.1 HOME
PREP

FOR HOME USE
STAGE 1 OF THE TREATMENT - PREP



500g
Ref. 331840



1250g - Ref. 331841

OZONE OIL & HERBS
Line



Ref. 331842

reLIEF MOUSSE

SOOTHING FOAM WITH OZONE OIL & HERBS

RECOMMENDATIONS

- a light herbal foam for the care of problematic foot skin
- for thin, delicate, shallowly vascularized skin
- as prophylaxis against tired and swollen feet
- also recommended for diabetics

ACTIVE INGREDIENTS:

- Ozone Oil
- Arnica Extract
- Chestnut Extract
- Hemp Oil
- Menthol
- Vita D3 Precursor

EFFECT

- has regenerative, soothing and calming properties
- gives the feeling of light and well-rested legs
- improves the condition of the skin and strengthens it
- gently cools

HOW TO USE

- shake before use
- hold the container in an upright position
- squeeze out an appropriate amount of foam
- massage into the feet and legs
- leave until absorbed
- use 1-2 times a day or at the end of a foot treatment

105 ml - approx. 45 treatments

EXPERT ADVICE

- The best results can be obtained through systematic use. Perfect for people who work standing, putting too much weight on their feet, for athletes. For the care and relief of the legs of people with troublesome symptoms in post-thrombotic syndromes.

mycoVERRUM

PROBLEMATIC SKIN SERUM

WITH OZONE OIL & HERBS

SH.3 SALON&HOME
TREATMENT

FOR PROFESSIONAL AND HOME USE
STAGE 3 OF THE TREATMENT - TREATMENT

RECOMMENDATIONS

- specialized serum for problematic skin of feet, hands and nail apparatus
- supportive in problems with mycosis
- for the care of places after removal of verucas
- also recommended for diabetics

EFFECT

- has a strong regenerative effect
- improves the condition of the skin and strengthens it
- supports anti-fungal and anti-viral therapies
- has antibacterial and antimicrobial properties

ACTIVE INGREDIENTS:

- Ozone Oil
- Celandine (Celandine)
- Thuja Oil (Thuja)
- Hemp Oil
- Rosemary Oil
- Lavender Oil
- Oregano Oil
- Tea Tree Oil
- Eucalyptus Oil
- Almond Oil
- Castor Oil
- Vita D3 Precursor

HOW TO USE

- use 1-2 times a day on problematic skin or as recommended by a podiatrist

15 ml - approx. 12 treatments

EXPERT ADVICE

- The best results can be obtained by systematic use. v



Ref. 331843

OZONE OIL & HERBS
Line



Ref. 331844

PREVENTIC SALVE BARRIER OINTMENT WITH OZONE OIL & HERBS

RECOMMENDATIONS

- barrier ointment for regeneration of problematic skin of feet, as well as hands and body
- for all skin types, including very dry skin
- prophylactically for problems with ringworm and viral warts
- also recommended for diabetics

ACTIVE INGREDIENTS:

- Ozone Oil
- Hemp Oil
- Rosemary Oil
- Lavender Oil
- Oregano Oil
- Vita D3 Precursor
- Shea Butter

EFFECT

- forms an occlusive layer that protects the skin from loss of moisture and from external factors
- strengthens and improves the condition of the skin

HOW TO USE

- warm a small amount of ointment in your hands and massage it into the skin
- use 1-2 times a day or as recommended by a podiatrist

75 ml - approx. 60 treatments

EXPERT ADVICE

- The best results can be obtained by systematic use and are particularly recommended for skin with a disturbed keratinization process and improper hydration of the epidermis. It is excellent for anti-fungal and anti-viral treatments for skin and nails.

ONE SHOT PEDICURE

One shot pedicure treatment in sachets

A comprehensive foot care treatment. The set contains effective products based on active ingredients, incl. UREA, COLOSTRUM, MICRO SILVER and OZONE OIL. Recommended for cracked heels and skin calluses. Helpful in softening and cleaning the areas around the nail. It will allow you to safely take care of the healthy appearance of the skin of the feet. Perfect for pedicure and nail design. Also recommended for diabetics.



ref. 331092



1

Apply the KERATOSIS exTERMINATOR gel on clean and dry skin of the feet in the area of the treatment and leave under occlusion for 3 to 15 minutes, depending on the degree of keratosis.



2

During this time, shorten the nails and soften the area around the nails using the POINT SOFTENER fluid. Clean the nail shafts from calluses and dirt.

Remove the excess KERATOSIS exTERMINATOR gel with a dry towel or spatula. Remove the dead skin with a foot file or a nail drill. Rinse the feet.



3

Apply CRACKED HEEL PROTECTOR ointment to the heels and re-wrap the foil to form the occlusion. Leave it for the duration of the nail design.



4

A massage should be performed using BIO COMPRESS when designing the nails with a hybrid varnish. When classic nail polish is used, you can give the client a sachet for use at home.



5

As a supplement to the treatment, apply the SILVER BOOSTER tincture on the nail area. The product can be used on any type of nail design.

SELECTION OF PRODUCTS IN STAGE 1 DEPENDING ON WORKING METHODS

COSMETIC PEDICURE level 1

SPA & RELAX
Treatment with foot bath + scrub



GO EXFOLIATION
Treatment with a foot file or nail drill



STAGE 1 PREP

PODIATRY PEDICURE level 2

ACTIVE FOAM
Active foam treatment
with a nail drill or foot file



SCALPEL TOUCH
Treatment with the use
of a scalpel and a nail drill



Spray the feet with the SEPTI STARTER spray and spread it to the hard to reach places.



STAGE 1 DISINFECTION AND REFRESHING

Spray the feet with the SEPTI STARTER spray and spread it to the hard to reach places.



Soak your feet in a solution of water with FRESH CRYSTALS salt or HERBAL reMEDY. Dry with a towel.



STAGE 2 FOOT BATH

Apply POINT SOFTENER on the nail shafts and clean them of calluses and dirt. Shorten the nails.



STAGE 3 PREP OF THE NAIL PLATE

Apply POINT SOFTENER on the nail shafts and clean them of calluses and dirt. Shorten the nails.



Perform a foot scrub and massage with FOOT SCRAPER or DERMA SCARPER. Rinse feet with water.



Apply the appropriate amount of the ANTI CALLUS MASTER foam for calluses removal and leave for a few minutes

OR

Apply the KERATOSIS exTERMINATOR gel and wrap in foil.

Remove the dead skin with a foot file or nail drill.



STAGE 4 CALLUS REMOVAL

Apply the ANTI CALLUS MASTER foam to the areas requiring softening. Work in active foam, adding the product as needed. Remove calluses and smooth the skin with a nail drill or foot file.



Apply the OSMO TONIC spray repeatedly in order to deeply soften. Remove the thick skin with a scalpel and chisel.

For larger calluses apply KERATOSIS exTERMINATOR, wrap in foil and start work with OSMO TONIC.



SELECTION OF PRODUCTS DEPENDING ON THE PROBLEM OF THE SKIN OF THE FEET AND NAILS

NUTRITION and REGENERATION



BIO COMPRESS

- thin, sensitive skin
- shallowly vascularized
- poorly nourished

PROTECTION of MICROBIOM and REGENERATION



OZONE SAFE

- damaged, rough, irritated skin, prone to abrasion
- skin with disrupted balance of the microbiome

STAGE 2 CARE

STEP 5
CARE IN THE SALON
CONTINUED CARE
AT HOME
providing the skin
with active
ingredients

MOISTURIZING and SOFTENING



DERMO INTENSE 15% HYDRO CREAM 10% DERMO reSOFTENER 10% FOOT MOUSSE 5%

- very dry skin, with a tendency to excessive cracking

RELIEF FOR TIRED AND SWOLLEN LEGS



reLIEF MOUSSE

- swelling and edema of the legs
- shallowly vascularized skin with "spider veins"
- tired legs
- increased sweating
- weakening of the immune barrier of the skin

STAGE 3 TREATMENT

STEP 6
TREATMENT
IN THE SALON
AND CONTINUED
CARE AT HOME
supporting curative
therapies



CRACKED HEEL PROTECTOR

- cracked heels
- skin in need of regeneration

OZONE GUARD

- skin with impaired microbial balance
- excessive sweating
- unpleasant odor



PREVENTIC SALVE

- very dry skin
- susceptibility to dermatophytosis and formation of viral warts
- weakening of the immune barrier of the skin
- skin microbiome disorders



UREA FORTE

- very dry skin
- cracking
- prone to excessive keratosis

STAGE 4 REPAIR

STEP 7
NAIL PLATE
RECONSTRUCTION



reCONSTRUCTOR

- damaged nail plate

HOW TO CHOOSE THE RIGHT PRODUCT FOR THE PROBLEM OF THE FEET AND NAILS

SYMBOL	NAME OF THE PRODUCT	DESIGNATION			FOOT SKIN PROBLEMS							PROBLEMS OF THE NAILS AND SURROUNDING AREAS			
		feet	hands	body	dry, rough skin	irritated skin, thin, vascular	excessive sweating unpleasant odor	cracking skin and heels	calloused skin and corns	skin requiring soothing and stimulation of blood circulation, prone to swelling	skin requiring antifungal and antibacterial protection	skin requiring antiviral protection	onycholysis and damage of the nail structure	ingrown and twisting nails	nails requiring antifungal and antibacterial protection
SH.1	FRESH CRYSTALS	☞☞☞		☞	☞		☞☞☞	☞	☞	☞☞	☞				
SH.1	FOOT SCRAPER	☞☞☞	☞	☞	☞☞☞		☞	☞	☞☞☞						
SH.3	COLLAGEN POWER	☞☞☞	☞☞☞										☞☞☞	☞☞☞	☞☞
SH.1	DERMA SCRAPER	☞☞☞	☞☞☞	☞☞☞	☞☞☞		☞	☞	☞☞☞						
SH.2	DERMO INTENSE	☞☞☞	☞☞☞	☞☞☞	☞☞☞	☞		☞☞	☞☞☞						
SH.2	FOOT MOUSSE	☞☞☞			☞										
SH.2	DERMO reSOFTENER	☞☞☞	☞		☞☞			☞☞	☞☞						
SH.2	HYDRO CREAM	☞☞☞	☞☞☞	☞☞☞	☞☞☞	☞☞	☞	☞☞	☞						
SH.3	UREA FORTE	☞☞☞			☞☞☞			☞☞☞	☞☞☞						
SH.2	OZONE SAFE	☞☞☞	☞☞☞	☞☞☞	☞☞☞	☞☞	☞	☞☞	☞						
SH.3	CRACKED HEEL PROTECTOR	☞☞☞	☞☞	☞	☞☞☞	☞☞		☞☞☞			☞☞				
SH.3	OZONE GUARD	☞☞☞						☞☞☞			☞☞☞				
SH.2	BIO COMPRESS	☞☞☞	☞☞☞	☞☞☞	☞☞	☞☞☞		☞☞							
SH.3	onyPLASMA	☞☞☞	☞☞☞										☞☞☞		☞☞
SH.3	SILVER BOOSTER	☞☞☞	☞☞☞								☞☞☞		☞☞	☞☞	☞☞☞
SH.1/H.1	HERBAL reMEDY	☞☞☞		☞☞	☞	☞	☞☞☞		☞	☞☞☞	☞☞☞	☞☞☞			☞☞☞
SH.2	reLIEF MOUSSE	☞☞☞		☞☞	☞☞	☞☞☞	☞☞			☞☞☞					
SH.3	PREVENTIC SALVE	☞☞☞	☞☞	☞	☞☞☞	☞☞	☞	☞☞☞	☞☞	☞	☞☞	☞☞			
SH.3	mycoVERRUM	☞☞☞	☞☞☞								☞☞☞	☞☞☞			☞☞☞

☞☞☞ - LEADING EFFECT

☞☞ - ACTS ON THE PROBLEM

☞ - PREVENTIVE EFFECT ON THE PROBLEM

EFFECT OF ACTIVE INGREDIENTS ON THE SKIN OF FEET AND NAILS

	ACTION FOR THE PROBLEM	ANTI-VIRAL (VERRUCAS)	ANTI-FUNGAL (RINGWORM)	ANTIBACTERIAL (AMONG OTHERS SWEATING)	ANTI-INFLAMMATORY (INCLUDING PAIN RELIEF)	SUPPORTING THE IMMUNE BARRIER OF THE SKIN	ANTI-EDEMATOUS, AGAINST FATIGUE AND HEAVINESS, STRENGTHENING BLOOD VESSELS	SOOTHING AND RELIEVING	REGENERATING	PROTECTING AGAINST WATER LOSS	AROMATHERAPEUTIC, RELAXING
	ACTIVE INGREDIENT										
	OZONATED OIL	☞☞	☞☞☞	☞	☞	☞☞☞	☞	☞☞☞	☞☞☞	☞☞☞	☞☞☞
	ROSEMARY OIL	☞☞☞	☞☞☞	☞☞☞	☞	☞	☞☞☞			☞	☞☞☞
	OREGANO OIL	☞☞☞	☞☞☞	☞☞☞	☞☞☞	☞	☞☞	☞☞	☞	☞	☞☞☞
	LAVENDER OIL	☞☞	☞☞☞	☞☞☞	☞☞☞	☞	☞☞	☞☞☞	☞☞☞	☞☞	☞
	VITAL (THUJA) OIL	☞☞☞	☞☞☞	☞☞	☞☞	☞	☞		☞		
	CHELIDONIUM MAJUS (SWALLOWWORT)	☞☞☞	☞☞☞	☞☞☞		☞					☞☞
	TEA TREE OIL	☞☞	☞☞☞	☞☞☞	☞☞	☞☞			☞		
	HEMP OIL	☞	☞	☞☞	☞☞	☞	☞	☞☞☞	☞☞☞	☞☞	
	ARNICA EXTRACT			☞			☞☞☞	☞☞☞	☞		
	HORSE-CHESTNUT EXTRACT			☞			☞☞☞	☞☞☞	☞☞	☞☞	
	PRECURSOR OF WIT D ₃	☞☞			☞☞	☞☞☞	☞		☞☞	☞	☞☞☞
	EUCALYPTUS OIL	☞☞	☞	☞☞	☞☞☞	☞	☞☞☞				
	CASTOR OIL (OLEUM RICINI)				☞☞☞	☞	☞☞☞	☞☞☞	☞☞☞	☞☞☞	☞☞☞

☞☞☞ - LEADING ACTION ON THE PROBLEM

☞☞ - ACTION ON THE PROBLEM

☞ - PREVENTIVE ACTION ON THE PROBLEM

GLOSSARY OF ACTIVE INGREDIENTS

AHA and BHA ACID COMPLEX

Glycolic, lactic, citric and malic acids. They normalize the work of the sebaceous glands, brighten and even out the skin tone. They support epidermal exfoliation treatments.

ALLANTOIN

Has a soothing, anti-inflammatory and regenerating effect, stimulates cell division and promotes the renewal of the epidermis. Reduces redness and irritation of the skin, moisturizes and smoothes the epidermis.

ALMOND OIL

Moisturizes the skin. It has an oily texture but absorbs quickly.

ALOE

Accelerates skin regeneration, soothes irritation, redness and inflammation. It easily penetrates the epidermis, has a strong moisturizing, cleansing and firming effect.

ARGAN OIL

Contains linoleic acid, sterols, vitamin E and polyphenols. It soothes irritations and hypersensitivity of the skin, has antioxidant, antifungal and antibacterial properties. It strengthens the lipid barrier, protecting the skin against the harmful effects of external factors.

ARNICA EXTRACT

An herb that everyone who struggles with shallow-vascularized skin should know. It perfectly elasticizes and strengthens the walls of capillaries, thus preventing their breakage. Arnica contains as many as 150 different therapeutic substances. Among them are helenalin, which has a strong antioxidant effect, and flavonoids and polysaccharides, which protect blood vessels. Cosmetics for tired legs are often additionally enriched with arnica extract. Arnica can treat hematomas, petechiae, edema and combat muscle, tendon or ligament pain. Extensive research on the health properties of arnica has proven that, in addition to those mentioned, it also has an antibacterial effect, strengthens immunity and accelerates skin healing.

BETAINE

A natural component of our skin that ensures its proper hydration. It does not sensitize or irritate the skin. It takes part in the synthesis of keratin and has an antioxidant effect.

CASTOR OIL (OLEUM RICINI)

Is extracted from the seeds of the castor bean. Its main ingredient, which is responsible for its remarkable properties, is the glyceride of 18-carbon ricinoleic acid. In addition to it, glycerides of oleic, linoleic, palmitic and stearic acids are extracted in the composition. Rubbing or lubricating with castor oil gives good results for chronic foot pain and the feeling of heavy legs. Thanks to its properties, the oil has a positive effect on the condition of the skin, nails and hair. It moisturizes the skin, smoothes it, makes it more elastic and replaces dry areas with soft, delicate skin in a short time. Castor oil soothes skin irritation, and accelerates wound healing and skin regeneration after burns or ulcers.

CHELIDONIUM MAJUS (SWALLOWWORT)

Is a plant that benefits the entire human body. The herb was used as far back as ancient Greece to treat many ailments. The properties of swallowwort are the result of the alkaloids it contains. Of the 20 or so identified, chelidonic is the most significant. It has diastolic, urinary and chologogic effects and reduces certain types of pain, such as menstrual pain. Swallowwort has bactericidal, virucidal and protozoal effects. It is used to treat many skin problems, and is known as a healing plant for warts and verrucas. The research results on the anti-cancer effects of swallowwort extract also seem promising.

CLIMBAZOLE

A chemical compound with a strong antifungal effect. It is used to treat fungal infections of the skin and nails. Its spectrum of activity is, among others:

- *Malassezia furfur*
- *Trichophyton rubrum*
- *Trichophyton mentagrophytes* and other *Trichophyton* species
- *Microsporum canis* and other species of the *Microsporum* genus.

CLOVE OIL

Contains eugenol with analgesic and disinfecting properties, and sesquiterpenes, which have antibacterial and anti-inflammatory properties. It has antifungal, antispasmodic and antioxidant properties.

COCONUT OIL

Although it is a fat, it has antibacterial properties, so it is perfect for foot care. It shows moisturizing and smoothing properties.

COLLAGEN

It has strong moisturizing properties, binds moisture from the air, thanks to which it firms and tones the skin. It has a soothing effect on inflammation and allergies, accelerates the healing of the skin, oxygenating it and increasing its resistance to allergens. It improves the absorption of other active ingredients.

COLOSTRUM (bovine colostrum, first milk of a new mother)

A valuable, natural and bioactive raw material found in nature. It has nutritional and protective properties. Colostrum is characterized by a huge concentration of numerous ingredients necessary for the body and contains over 250 bioactive substances. The most important of them are: antibodies, growth factors, leukocytes, enzymes that oxidize bacteria, proteins that stop viruses from reproducing, epidermal growth factor, hormones, pantothenic acid, folic acid, easily digestible vitamins with a very high concentration, and magnesium and zinc compounds. On the other hand, vitamins E and C contained in colostrum have an antioxidant and stabilizing effect on defense cells. Colostrum is recommended for the care of a diabetic foot.

COTTON OIL

Increases resistance to infections, has anti-inflammatory properties, and stimulates the regeneration of epithelia and connective tissue. Regenerates irritated, dry skin, restoring its elasticity. It softens the callous skin of the feet and nail cuticles.

DERMOSOFT DECALACT

An ingredient of natural origin obtained from palm oil. It has a strong antibacterial and antifungal effect. The effect is already ensured with a concentration of just 0.3-1%.

EARLYBOOST

The first active cosmetic ingredient of plant origin based on taurine. It has a stimulating and energizing effect on the skin. Tightens and smoothes.

EUCALYPTUS OIL

The main component of eucalyptus oil is eucalyptol (60-80%). In addition to it there are p-cymene, α-pinene, camphene, felandrene, limonene, citronellal, tannins, flavonoids, triterpenes, bitters, resins, waxes. It is characterized by antibacterial and anti-viral activity. It is used primarily in preparations to combat all kinds of respiratory infections, but also in inflammation of the skin. Due to its anti-inflammatory properties, it is recommended for arthritis and rheumatism. Eucalyptus oil is also used as one form of supportive therapy for depression. It also strengthens the immune system. It is also great for massaging tired muscles. It has a warming, anesthetic and soothing effect. It helps fight athlete's foot.

GOJI BERRY EXTRACT

A valued extract, perfect for skin that requires stimulation of biological processes and antioxidant protection as well as collagen synthesis. Goji fruit extract prevents the loss of skin elasticity, thickens and nourishes it. Helps maintain moisture in the epidermis. Rich in polysaccharides, amino acids and vitamins.

HEMP OIL

Hempseed (*Cannabis sativa*) is a plant that has been used since ancient times. Hemp oil is widely used in cosmetics and medicine thanks to the extraordinary wealth of beneficial ingredients that hemp seed contains. Almost 80% consists of essential fatty acids especially linoleic acid (omega-6) and alpha-linolenic acid (omega-3). What is extremely importantly, they occur in hemp oil in an ideal 3:1 ratio (omega-6 to omega-3), which optimizes the bioavailability and absorption of nutrients. As a result, the oil has an extremely beneficial effect on the appearance and condition of the skin. This ingredient also contains amino acids, vitamins - A, B1, B2, B3, B6, C, D, and E, minerals - calcium, phosphorus, potassium, magnesium, iron, zinc, antioxidants, phospholipids, phytosterols, proteins, carotene and oleic acid. In addition, a number of biologically active substances are found in hemp oil, which are attributed with excellent regenerative, antioxidant, antiseptic, anti-inflammatory and photoprotective properties. Hemp oil has a brilliant application in the care of skin with various dermatological problems - atopic dermatitis, psoriasis or, above all, acne. Studies on hemp oil indicate that it is excellent support in the fight against psoriasis and atopic dermatitis. Chlorophyll and fatty acids found in the plant have a soothing effect, so cosmetics with hemp oil reduce inflammation and eliminate pain and itching.

HORSE-CHESTNUT EXTRACT

In cosmetics, it is most often used to produce preparations for swelling and varicose veins. Horse-chestnut extract contains, among others, escin - a mixture of terpenic saponins, flavonoids, and coumarin derivatives, which seal blood vessels, reduce their fragility, and increase immunity and restore elasticity. Horse chestnut extracts have antibacterial, anti-inflammatory and mildly astringent effects. They improve circulation, blood supply to the skin and prevent venous stasis. Medicinal preparations with horse chestnut extract are mainly anti-edema and anti-varicose vein products. In cosmetics, it is used for its anti-aging, moisturizing, skin-softening and congestion-reducing properties.

LAVENDER OIL

Rich in tannins and flavonoids with healing, antiseptic, antioxidant and astringent properties. It regulates sebum secretion, protects against water loss, and has anti-inflammatory effects in foot care. It has antibacterial and anti-fungal properties, and accelerates the regeneration of damaged skin. It is recommended for use on

GLOSSARY OF ACTIVE INGREDIENTS

burned skin. It shows refreshing and calming effects and has a smoothing and toning effect. Also recommended for acne-prone skin, for the treatment of lichen, sunburn, ringworm, ulcers or inflammation. It accelerates wound healing without leaving scars. It affects the blood supply to the skin, stimulates metabolism, and improves nutrition.

MACADAMIA OIL

Moisturizes and nourishes, improves the elasticity and appearance of the skin.

MARIGOLD EXTRACT

Has an astringent, anti-inflammatory effect and stimulates the skin's renewal process.

MARSH MALLOW EXTRACT

Softens and smoothes the skin, has anti-inflammatory properties, regenerates and protects the skin against the harmful effects of the environment and regenerates it. It soothes irritations, moisturizes dry skin.

MICRO SILVER (silver ions)

Safe due to the particle size that does not penetrate into the deep layers of the epidermis. It strengthens and protects the skin, effectively eliminates bacteria and fungi. It even works against resistant bacteria and prevents their development for a long time. Micro silver is very effective in counteracting unpleasant foot odors. Products with the content of silver ions are recommended for people with dry skin, blemishes or suffering from psoriasis.

OREGANO OIL

Contains valuable components from the group of terpenes, such as thymol or carvacrol, as well as various polyphenols. It owes its healing and care properties to them. This product is used not only in natural medicine but also in cosmetics. Here are the effects of oregano oil on the skin: anti-inflammatory, disinfectant, antibacterial and anti-fungal, antioxidant, stimulating and energizing. The cosmetic has a fungistatic effect and supports the treatment of athlete's foot (tinea pedis). It acts as a powerful antioxidant and relieves skin problems - mainly those associated with psoriasis or acne. It exhibits antiparasitic activity. Recent studies have shown that essential oils extracted from oregano also exhibit anti-diabetic and anti-cancer effects.

OZONIZED OLIVE OIL

Ozone is one of the most effective antibacterial, anti-viral and anti-fungal agents. Olive oil, rich in antioxidants, is a source of vitamins: A, B, C, D, E and F. It perfectly

moisturizes, nourishes and regenerates the skin. The juxtaposition of the two ingredients creates a perfect duo that revitalizes the skin and soothes and heals injuries, burns and even bed sores. Moreover, using ozonated oil helps with chronic skin problems such as psoriasis, „fish scales“ and atopic dermatitis. Ozonated oil also improves microcirculation, oxygenates and nourishes cells. It calms inflammation, forms a protective film, and eliminates fungi and free radicals.

PANTHENOL

Moisturizes the skin, making it soft and supple. It soothes irritations and inflammations, accelerates regeneration and reconstruction of the epidermis. It improves the function of the lipid barrier.

PEONY ROOT EXTRACT

Has been used in Chinese medicine for centuries as an anti-inflammatory and soothing agent in the event of discomfort caused by skin irritation. The flavonoids, terpenes and tannins contained in the extract have an antioxidant effect, protect the proteins important for the skin against free radicals. They improve the color and texture of the skin. Paeonol, gallic acid and catechin contained in the extract have antibacterial and antifungal properties.

PEPPERMINT OIL

It improves microcirculation by narrowing blood vessels, thus reducing redness, and has an anti-inflammatory effect. Recommended for people with hyperhidrosis, as it regulates the work of sebaceous glands and reduces the secretion of sebum. Mint cools, invigorates and stimulates the skin.

POLYSACCHARIDES

Are complex sugars classified as carbohydrates, and at the same time belonging to natural polymers, i.e. natural compounds that are one of the basic building blocks of living organisms. Polysaccharides help to lubricate and keep the skin

POTASSIUM HYDROXIDE

Used in cosmetic recipes as a pH regulator. It has a strong softening effect on the skin, which facilitates the removal of hyperkeratosis. Potassium hydroxide is one of the most effective ingredients with a proven effect on calluses.

PRECURSOR OF VITAMIN D3

Vitamin D3 is responsible for the proper course of a number of processes occurring in our body and is essential for its proper functioning. Among others, it supports the skin's barrier functions and makes the process of biological renewal of its cells run smoothly and inflammation does not occur. Aqua-proVita D3, a precursor

of vitamin D3, helps the skin produce vitamin D3. Aqua-proVita D3, influencing the replenishment of vitamin D3 deficiencies in the skin, consequently relieves irritation, supports the skin's barrier function and supports the skin's biological renewal cycle. Aqua-proVitaD3-R is a precursor of vitamin D3 (7-DHC) encapsulated in cyclodextrins, making this vitamin soluble in the aqueous phase and showing excellent stability.

ROSEMARY EXTRACT

Rosemary antioxidants protect individual parts of skin cells, including proteins, which can help prevent damage. Rosemary also strengthens skin capillaries, improves blood flow and prevents swelling.

ROSEMARY OIL

One of the herbs ideally suited for improving foot skin condition is rosemary, which exhibits refreshing and antibacterial properties, among others. Rosemary (*Rosmarinus officinalis*) is widely used in herbal medicine. Rosemary oil is valued for its high content of vitamins, minerals and antioxidants, strengthening the skin and improving its condition, tone and firmness. Importantly, rosemary is also antibacterial and refreshing, making it ideal for foot care. When used for foot care, rosemary oil provides better blood flow through the skin, thus making it more nourished. The effect of improving blood circulation is also not without significance. If you have problems with excessive foot sweating and the accompanying unsightly changes on the skin, it is worth using rosemary during home care (foot baths in rosemary salt). After such a bath, the skin will be devoid of some microorganisms. Sweat production will also decrease, and thus the feet will be fresher and healthier.

SAGE EXTRACT

Thanks to the content of triterpenes, tannins and flavonoids, it has an astringent, anti-inflammatory and bacteriostatic effect. It reduces skin irritation and redness.

SHEA BUTTER

Rebuilds and strengthens the epidermal hydrolipid barrier preventing transepidermal water loss.

SINODOR

A natural substance that neutralizes unpleasant odors.

UREA (carbonic acid diamide)

Is a natural compound found in the human body. It is a safe ingredient which is well tolerated even by people prone to allergies and irritations. Research proves that urea strongly moisturizes, softens, soothes itching and even disinfects.

Urea in concentrations up to 5% accelerates skin cell division, stimulating its regeneration. In a higher concentration, up to 25%, it has a strong moisturizing effect, and in a concentration of more than 30%, it has strong exfoliating properties. Due to its effective action, urea is an ingredient used in specialized products which support the fight against calluses, corns and dry, rough and calloused skin, as well as cracking heels.

VITAL (THUJA) OIL

Is extracted from the fresh leaves, twigs and bark of the *Thuja occidentalis* tree, commonly known as American arborvitae. Thuja oil contains thujone, which is poisonous to humans and animals. However, skillful and solely external application of the oil brings many benefits. In particular, it has an antimicrobial effect, as well as an analgesic effect. Fresh thuja twigs were used (and are still used today) to cover oneself in steam baths for joint and muscle pain. Indians also made ointments and wraps from them. Thuja oil is a powerful antiseptic. It effectively kills bacteria, viruses and fungi. It is beneficial against warts on the hands and feet. It can also be applied to skin affected by ringworm, bacterial infections and herpes. In any case, it must be used with caution, as it can irritate the skin. Massage with thuja oil (after dilution) promotes muscle relaxation and relieves bone and joint pain.

TEA TREE OIL

Is a substance obtained by water distillation from the leaves of an evergreen tree, native to Australia. Tea tree oil has a strong antiseptic and antibacterial effect. In appropriate concentrations, it exhibits immunostimulatory properties. This oil is one of the few that can be applied directly to the skin, but only topically. Supports the fight against fungal infections of the skin and nails. It has the ability to easily penetrate the skin, which accelerates regenerative processes.

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