

# PHARM FOOT



# Follow your feet!

## TREATMENT GUIDE

# 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



## 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



## STAGE 1 PREP

### STAGE 1 DISINFECTION AND REFRESHING



### STAGE 2 FOOT BATH



### STAGE 3 PREP OF THE NAIL PLATE



### STAGE 4 CALLUS REMOVAL



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



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



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



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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.



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



### COLLAGEN POWER

- damaged nails and skin in need of regeneration



### onyPLASMA

- onycholysis
- the nail bed in need of regeneration



### SILVER BOOSTER

- nails prone to fungal infections



### mycoVERRUM

- onychomycosis
- local ringworm of the skin
- viral warts
- weakening of the immune barrier of the skin



### CRACKED HEEL PROTECTOR

- cracked heels
- skin in need of regeneration

### OZONE GUARD

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



### PREVENTIVE 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 VIT D <sub>3</sub>	☞☞			☞☞	☞☞☞	☞		☞☞	☞	☞☞☞
	EUCALYPTUS OIL	☞☞	☞	☞☞	☞☞☞	☞	☞☞☞				
	CASTOR OIL (OLEUM RICINI)				☞☞☞	☞	☞☞☞	☞☞☞	☞☞☞	☞☞☞	☞☞☞

☞☞☞ - LEADING ACTION ON THE PROBLEM

☞☞ - ACTION ON THE PROBLEM

☞ - PREVENTIVE ACTION ON THE PROBLEM

# SELECTION OF PRODUCTS DEPENDING ON THE PROBLEM

## STAGE 1 PREP

HERBAL reMEDY



FOOT BATH WITH DISTURBED  
SKIN MICROBIOME

- DERMATOPHYTOSIS
- VIRAL WARTS
- RHEUMATOLOGICAL PROBLEMS
- HYPERHIDROSIS
- HEAVINESS AND FATIGUE OF THE FEET
- SWELLING AND PUFFINESS
- MICROBIOME DISORDERS OF THE SKIN

## STAGE 2 CARE

reLIEF MOUSSE



RELIEF FOR TIRED  
AND SWOLLEN LEGS

- SWELLING AND EDEMA OF THE LEGS
- SHALLOWLY VASCULARIZED SKIN WITH "SPIDER VEINS"
- TIRED NEGS
- INCREASED SWEATING
- WEAKENING OF THE IMMUNE BARRIER OF THE SKIN

## STAGE 3 TREATMENT

PREVENTIC SALVE



REGENERATION OF  
PROBLEMATIC SKIN OF FEET,  
HANDS AND BODY

- VERY DRY SKIN OF THE FEET, HANDS AND BODY
- SUSCEPTIBILITY TO DERMATOPHYTOSIS
- SUSCEPTIBILITY TO THE FORMATION OF VIRAL WARTS
- WEAKENING OF THE IMMUNE BARRIER OF THE SKIN
- MICROBIOME DISORDERS OF THE SKIN

mycoVERRUM



SUPPORTING THERAPY  
AGAINST RINGWORM  
AND VIRAL WARTS

- ONYCHOMYCOSIS
- LOCAL RINGWORM OF THE SKIN
- VIRAL WARTS
- WEAKENING OF THE IMMUNE BARRIER OF THE SKIN

# PHARM FOOT

*my way*

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