



Footnotes

A Message from Louisa



Happy New year to you all! I hope you have had a wonderful Christmas break with a good mix of over-indulgence and merriment! January is back to reality and routine time which is often quite welcome after the chaos of Christmas and its build up brings. It doesn't seem possible that another year has flown by and we are entering our 3rd year in the High Street. Last year brought many more

changes, new faces, services and treatments which I hope you found beneficial.

This year brings with it more changes and excitement as I commence maternity leave at the end of this month. However, before I go I hope to see you at our open day in January and look forward to seeing you all again in the summer on my return. As many of you have asked to be kept posted about the arrival of the new little Hallewell we will be sending out an announcement on e-mail. If you would like to be notified please send an email to me at Louisa@feet-first.org and I will put you on the baby mailing list.

Our Open Day this year will be held on Saturday 28th January which I do hope you can attend. During the day there will be a combination of talks, demonstrations and taster treatments. Further details can be found in this newsletter and on our website in the Events section.

Due to the popularity of the natural skin care courses provided by Lotte Rose we will be running the course again for those of you that were unable to attend last year. We will also run the continuation course covering all natural hair products. Details can be found in our Events section of our website.

I would also like to introduce Kersti Dolphin to you. Kersti is covering reception and I'm sure will prove to be a valuable member of the *FF* team.

Finally an enormous thank you again for your continued support for our Woman's Aid collection. The pre-Christmas delivery was so large that the Oxford shelters now have enough toiletries and welcome packs to last them until April. This meant that we were also able to make a very large donation of useful items for the Night Shelter. This is a tremendous achievement, thank you. We are continuing our support for Women's Aid and the Night Shelter and will gratefully receive your kind donations of sample size/hotel complimentary bottles of shampoo, conditioner, body wash/lotion, soap, flannels, mini hairbrushes, unused tooth brushes and toothpaste, emery boards, deodorants, sanitary items, wash bags or in-flight bags and children's toys.

Louisa Hallewell

An Open Day Invitation

This year we are holding our 3rd annual open day on Saturday 28th January. Doors open at 11.00 and I hope you will be able to join us for a glass wine and some nibbles whilst enjoying some taster treatments and demonstrations.

All talks and demonstrations will be free and the taster treatments of our holistic therapies will be charged at a nominal fee of £5, all proceeds going to a local charity 'Children in Touch' at Lord William's School in Thame. We will also be providing discounted treatments of the Platinum Detox treatment at £25.00 (usually priced at £33.00) again all proceeds going to 'Children in Touch'.

Having listened to feed back from you after last year's successful open day, we have decided to offer you the opportunity of pre-booking places for the treatments and demonstrations in order to prevent the 'bottle neck' situation we had on opening our doors last year when we nearly couldn't fit you all in! There will be limited spaces available so please book early to ensure your preference of treatment.

In addition to all the treatments and demonstrations there will be a free prize draw with Gift Vouchers for our various treatments as prizes. There will also be complimentary samples of foot creams and lotions for you to take home and try. All our therapists will be on hand to talk to about our different treatments and therapies and how they can add a new vitality to both body and mind.

We look forward to seeing you the 28th.

Louisa Hallewell

Doors open at 11.00

Taster Treatments & Platinum Detox

Reflexology, Indian Head Massage, Cranio-Sacral Therapy and Remedial massage will be available throughout the day

Demonstrations & Talks

Biomechanics - 11.15
Hopi Ear Candling - 12.45
Foot care, foot wear & warm wax - 12.45
Hot Stones Massage - 13.30
Chiropractic & back care - 14.00



Dip Your Feet into Something Warm

The Warm Wax Therapy uses a combination of warm paraffin wax, Jojoba and Aloe Vera oils to rehydrate the skin whilst the warmth promotes improved circulation to the feet.



This relaxing & therapeutic treatment follows on from the usual chiropody appointment when, after a gentle foot massage, each foot is in turn dipped into the warm wax bath. This process is repeated until 4 or 5 layers of warm solidified wax cover the foot. Each foot is then covered and placed inside a special towelling boot, allowing the warmth of the wax to penetrate, while you are left to relax for 10 minutes. The wax is easily removed by hand leaving your feet feeling smooth, warm and baby-soft.

This warming treatment is particularly beneficial to those patients who experience stiff, painful and arthritic joints; most find they have greater mobility for a period of time after treatment. Those who suffer from chilblains in winter months can also gain relief from warm wax treatment and may find that their chilblains subside within 24-48 hours. Paraffin wax is also an excellent emollient and helps to re-hydrate broken and thickened skin and cracked heels.

Warm wax treatment is not recommended for patients who are diabetic or have deep vein thrombosis, or where a verruca is present.

Louisa Hallewell

Have you ever wondered what your feet might tell about you? Well, now you can find out. Starting in April this year, we are offering Solestry - foot reading sessions where you can discover what the position and shape of your toes can reveal about you and give you a greater understanding of your personality. These informal, freindly and fun evenings will be limited to six people and will be run on a monthly basis by Lucie Oliver. For more information please refer to the Events section of our website.

Natural Skincare Classes

After the success of the Natural Skincare course that we ran last year, we are pleased to announce that we are running the course with Lotte Rose again.

The course will show you how to create your own face creams and cleansers, bath and face oils, body lotions and moisturisers from all natural plant based products and essential oils.

All materials are provided within the cost of the course - all you need to bring is a pinny and your enthusiasm!

For those who have completed the *FF* class on making natural skin care products, it's time to enjoy another fun day making more 'tailor made' products for all the family in our advanced class.

As well as introducing some more essential oils, this course will spend some more time on mixing and blending hair products.

Beautiful hair depends on a healthy scalp. We will make

a variety of products to help maintain 'a good head of hair' and keep the scalp in great shape.

We will also look at infused herbal oils and the healing properties of herbs to our natural skin care and how easily they can be incorporated into a variety of products for all types of skin.

You will also, learn how to make these lovely herbal oils yourself from fresh herbs.



Finally, the art at the heart of aromatherapy is the blending of essential oils. Here the arts of aromatherapy and perfumery combine. Let your creativity loose to create your own unique blends of essential oils to use in skin care products and around the home.

The dates for the Natural Skincare course are:
Part 1 - 25th March & 11th November
Part 2 - 6th May

The fee for each course is £90 and there will be a maximum of 6 attendees per course.

Please speak to Kersti to reserve your place.

Louisa Hallewell

Down at Heel?

One of the most comon causes of foot pain is Plantar Fasciitis - which is the inflammation of the fibrous band that connects the heel to the toes (plantar fascia).

It most commonly gets inflamed at the heel end as this is an area of immense stress. This complaint used to be known as heel spur syndrome until it was discovered that most people have heel spurs with no pain.

Plantar fasciitis typically manifests as heel pain when putting the heel to the ground on first rising or after rest. This is because there is a pooling of inflammatory fluid when the muscles are not moving. It is therefore temporarily relieved by walking.

Flat feet and conversley, highly arched feet are among the various causes of plantar fasciitis. Additionally, unsupportive shoes, weight, excessive weight bearing on hard surfaces and tight calf musculature can all contribute to the causes of this uncomfortable condition.

You can help alleviate the pain of plantar fasciitis yourself by resting with your leg elevated, rolling your foot across a soft drink can that you have chilled in a fridge and by taking anti-inflammatories such as Ibuprofen.

However, these methods will only help relieve the pain and not resolve the underlying cause. I would recommend a professional assessment of your gait to examine the cause(s) and then to recommend the best form or combinations of treatment. These may include the prescribing of bespoke insoles or orthotics, appropriate stretching exercises, ice and elevation may be recommended if the circulation is adequate. Dry needling (acupuncture needles) may also be performed.

All these treatments are available at Dr Duck's gait clinic. If these measures do not bring about adequate improvement an injection of steroid prescribed by your GP may be considered.

Simon Duck

Due to overwhelming demand we are extending our offer of a FREE Spinal Health Check with Dr. Simon Duck until the end of February. Appointments will be reserved on a first come basis.

Practice Matters

Reception cover will now be provided by Kersti and Laura during the following hours:

Kersti: Monday, Wednesday, Friday: 9.30 - 12.30
Laura: Thursday 10.00 - 1.30

Feet First

Podiatry & Holistic Health

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