

# Fabulous feet!

Don't take your feet for granted! Weather, exercise and even hormonal changes can wreak havoc on your feet, but with just a bit of attention you can have velvety soft and smooth feet without a trip to the beauty salon!



Exposure to excess moisture can lead to blisters, foot odour and damaged skin, but the good news is that Weleda Foot Balm can refresh and invigorate tired and swollen or sweaty feet. It includes hectorite – a clay that absorbs sweat and counteracts excessive perspiration. Its action is supported by myrrh, an ancient herb that's as famous for its drying astringent properties and anti-inflammatory and antimicrobial actions as it is for its luxurious perfume! At the same time, the emollient actions of beeswax and lanolin soften and nourish the skin without leaving behind any greasy residue. Super-healer calendula helps repair cracks or wounds, and, like myrrh, has antiseptic properties to help prevent infection occurring.

Weleda Heel Balm has been specially formulated for those whose feet are in desperate need of TLC! Rough, dry or cracked heels and soles are protected by lanolin and beeswax, which act as a barrier to help prevent further damage, while still allowing your skin to breathe. Meanwhile, vitamin-rich avocado, olive, sweet almond and cod liver oils – plus nourishing shea butter – provide deep, penetrating moisture to promote healing and revitalise and soften skin. Healing is further encouraged by calendula, renowned in herbal medicine for its remarkable ability to quickly and effectively disinfect and repair damaged skin. Stimulating rosemary oil promotes circulation to the area, and leaves your feet feeling fresh and alive.

Weleda Foot Balm and Heel Balm can be used whenever required, but are most effective when massaged lightly into moist skin that's fresh from the bath or shower. 🌸

