

### Treatment spotlight: Mavex Calluspeeling

Mavex Calluspeeling works by dissolving the enzyme that causes dead skin to stick together and build into a harder layer. With no need to soak feet first, place the four pads onto the feet and wrap with cling film, leaving the toenails exposed. This way, nail prep can take place during the 15 minutes it takes for the Calluspeeling to soak through the dead layers of skin. Use the scraper tool to scrape off the excess softened skin, follow with the foot file to smooth and remove the final layers, and finish with a massage with the Daily Care Foot Cream.



## Damaged hair cells

Stronger strands are essential for a healthy scalp. The scalp is the source of hair growth. It is the only part of the body that is constantly renewing itself.

There are many reasons why hair cells can be damaged. The most common is the use of harsh hair products. These can strip the scalp of its natural oils, leaving the hair dry and brittle.

Another common cause of hair cell damage is the use of heat styling tools. These can also strip the scalp of its natural oils, leaving the hair dry and brittle. The damage can be repaired by using a hair conditioner that contains natural oils.

There are also many natural remedies that can help to repair damaged hair cells. These include aloe vera, coconut oil, and olive oil. These natural oils can help to moisturize the scalp and strengthen the hair.

It is also important to avoid harsh hair products and heat styling tools. Instead, use gentle hair products and air-dry your hair whenever possible. This will help to keep your hair healthy and strong.

There are many ways to keep your hair healthy. The most important is to use gentle hair products and avoid heat styling tools. This will help to keep your hair healthy and strong.



For more information on hair care, visit our website at [www.micoxan.com](http://www.micoxan.com). We offer a wide range of hair care products for all hair types and styles.

## Diabetic ulcers

Diabetic ulcers are a common complication of diabetes. They are caused by poor blood circulation and nerve damage. The most common location for a diabetic ulcer is on the bottom of the foot.

There are many ways to prevent diabetic ulcers. The most important is to keep your blood sugar levels under control. This can be done by following a healthy diet and exercising regularly.

There are also many natural remedies that can help to prevent diabetic ulcers. These include aloe vera, coconut oil, and olive oil. These natural oils can help to moisturize the skin and improve blood circulation.

It is also important to avoid smoking and drinking alcohol. These can both contribute to poor blood circulation and nerve damage.

There are many ways to keep your feet healthy. The most important is to keep your blood sugar levels under control. This can be done by following a healthy diet and exercising regularly.



For more information on diabetic care, visit our website at [www.diabeticcare.com](http://www.diabeticcare.com). We offer a wide range of diabetic care products for all types of diabetes.

## Fungal infection

A nail technician should work on healthy feet only. Therefore, if there is any sign of infection the client must be advised to seek medical advice. This is because the client has caught the infection from an unknown source and, by carrying out a pedicure, you will be continuing that cycle by risking cross-contamination.

"Finding white spots on your toenails is a common experience," says Cindy Johnson, Jessica Nails expert and chiropodist. "The discoloration, which may be white or slightly yellowish, often appears at the cuticle area. These white spots slowly move outward as the nail grows. White spots on toenails may appear as very small semi-circular discolorations and these often indicate injury to the matrix of the nail, which is the part under the nail where new nail cells are produced.

"The most common factor that can cause white spots on the nails, however, is fungi, which can come from the air and soil. Sweaty feet also provide a good medium for fungal infection. If you do find there is a fungal infection, I would caution against carrying out a pedicure. Gently advise your client to see a GP or chiropodist. As with every customer, make detailed notes on client cards, so with the next treatment you can monitor progress."

### Causal factors & preventative measures

"A warm, dark and humid environment is one in which bacteria and fungi can live and multiply," Cindy continues. "Keeping feet as dry as possible is important for preventing infections, such as athlete's foot. Advise your clients to wear socks that are made of a breathable material and ensure that they fit correctly. Use talcum powder inside socks and running shoes to prevent any dampness from occurring. If a client suffers with athlete's foot, suggest using a fungicide twice a day for at least three months. The fungus can linger even after the symptoms are gone, so be sure to continue the treatment."

One of the most common fungal infections found in the nail is onychomycosis. Symptoms may include white or yellow nail discoloration, thickening of the nail and separation of the nail from the nail bed.

"Often untreated, onychomycosis spreads to other toenails and can cause loss of the entire nail," says Kayleigh Parr, Pure Nails ambassador. "A fungal nail will usually present itself as thickened and discoloured, usually a yellowish-brown colour, but can also be green, white or black. The nail will become brittle and can often flake or peel.

"There are several over the counter treatments available for fungal nail infections, but this often only works in milder and newer cases. To fully treat the infection and be sure it has cleared up, a doctor can prescribe medication while keeping a close eye on the progress. It can take several weeks to months for the infection to clear as it grows out, depending on the severity."

While a nail technician should not carry out a pedicure on a client that displays symptoms of a fungal infection, it is possible to recommend treatment products as well as details of a local podiatrist or chiropodist that can recommend further treatment. It is also important to educate the client on how to prevent getting a fungal infection in the future.

"Fungal infections in the nail and skin require antifungal treatments – here, both chemical and natural remedies are worth considering," advises Dina Gohil. "In some cases it is even worth considering a combination of both remedies, as fungal infections can be extremely hard to clear. Athlete's foot can be cleared quite quickly with over the counter products, but ultimately education on how to prevent it from reoccurring is key."



# MAVEX

## SWISS PEDICURE SYSTEM

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