

PRODUCT DATA SHEET

FOOT BALM

SOOTHES & HEALS

Description	A rich and absorbent Foot Balm formulated to soothe, heal and cool tired burning feet. Massage the feet and ankles and feel the immediate revitalising effect of the Herbs and Essential Oils. For maximum effect apply after soaking your feet in a warm solution of water combined with NaturCare Foot Soak.
Benefits	<ul style="list-style-type: none"> • Soothes and Heals feet • Cools burning feet • Contains Revitalizing Herbs and Oils • Penetrates deeply and adds moisture • Ideal as a foot massaging cream • Suitable to apply daily
Fragrance	Mint, Menthol and Herbal
Main Ingredients	Aloe Ferox Gel, Allantoin, Witch Hazel, Pro-Vitamin B5, Rooibos, Menthol, Camphor, Green Tea, Mint, Rosemary and Chamomile.
Appearance	White smooth cream. Easily absorbed.
Directions for use	For best results, apply after soaking your feet in NaturCare Foot Soak. Massage each toe and then in upward strokes away from the toes, massage the foot and ankle
Packaging	75ml Tube with clear flip-top. Remove seal
Safety, Storage & First Aid	In the unlikely event of rashes or skin reactions occurring, stop using. Do not store in direct sunlight and keep out of reach of small children.

NOTES :

What is the structure of our feet?

Each foot has 28 Bones, 33 Joints and a network of more than 100 tendons, muscles and ligaments. One quarter of all the bones in the human body are in our feet!

How many steps does the average person take in a day?

We take between 5000 and 10000 steps every day. This is equivalent to 5 times around the world in a lifetime.

What percentage of adults usually have foot problems?

Between 75 – 80%

What ratio of women to men have foot problems?

Women have four times more foot problems than men.