

FOOT CARE for tired feet made easy

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Health

The bones in our feet make up around 25% of the bones in our entire body. When we think of health and well being we often downgrade or miss the all-important structure of our feet and lower extremities...in doing so we don't pay this area of our body the attention it deserves. From a hygiene perspective, our poor feet suffer cooped up in footwear for most of the day that probably doesn't give our feet a due airing, of course, this applies even more so in the colder seasons. Many of us, around 75% of Americans will actually have some kind of issues around our feet- anything from ingrown toenails to fungal infections and bunions

to flat feet- so seek out relevant treatments where needed. Our feet are packed full of nerve endings that deliver messages to our brain and nervous system so we really should take better care of them! Here are some tips for better foot care.



1. Preen and pamper

Look after your feet and toes just as you would your hands and fingernails. Our feet are hidden

most of the time but just a little daily tender loving care can make all the difference to tired and aching feet. Toenails tend to grow faster in warmer weather but we don't need to wait for the sun to shine for us to preen our nails...! At the end of your day mix up a foot soak of mineral salts with a few drops of calming lavender essential oil to relax and rejuvenate your feet. Walk around barefoot a little, if you have a garden to pace a few steps around that's even better- let your feet get back in touch with nature, feet to earth.

2. Stretch them out!

Taking care of our feet by way of some gentle stretches helps to prevent injury. Our feet carry the load of our body weight and so it makes sense to stretch our lower extremities after a workout or a long day at work. Stretches can be remedial and preventative.

- Calf stretches can be done against the wall or on a step, gently ease yourself into the stretch and aim to hold for between 8-15 seconds- ensure your body has warmed up a little prior to each stretch/exercise.
- Try sitting down and spreading out your toes, subtly pulling on them one by one as you fan them out. Those small toe bones work hard, strengthening them in this way helps to avoid stress fractures that are all too common.
- Take a seat and use a tennis ball beneath your foot, steadily rolling it from heel to toe, this acts like a mini massage and helps to stimulate all those vital sensory nerves.

Massage is a great way to soothe and restore tired feet, helping to improve circulation and strengthen foot structure. The FootMate® System was designed with this in mind. Foot care is a daily challenge, but the 100% American made, Podiatrist recommended FootMate® System makes optimal foot health easy.



CONTOURED DESIGN
Shaped to cradle the foot

It is a complete foot transformation® system for cleaning, soothing, stimulating, and massaging your feet every time you shower. The FootMate® System is a brush and specially formulated gel that goes in the bath or shower to clean and massage your feet without having to bend over. The product is great for anyone wanting a soothing, stimulating way to clean and massage their feet. The FootMate® System is the ultimate foot massage and the perfect way to pamper your tired, aching feet. Your feet will love you...!

- The FootMate's wide, gentle inner bristles massage your tender soles, while the stiffer outer bristles smooth rough skin and calluses, and stimulate circulation. With circulation stimulated, your feet will feel great. The FootMate® System is good for your health as well as your Soul. Your feet take you everywhere...so treat them right!
- The FootMate® System is for anyone who wants the benefits of a soothing foot massage while taking better care of their feet. The FootMate® System is the ultimate foot massage and the perfect way to pamper your tired feet. Refresh, Restore, Renew!
- The FootMate® System is proudly made in the United States of quality mildew and stain resistant materials. The Footmate® System by Gordon Brush® is an American Made Beauty Verified product. The product is endorsed by the American College of Foot & Ankle Orthopedics & Medicine (ACFAOM), a specialty organization that is part of the American Podiatric Medical Association and Gold and Silver Olympic Medalist, Dawn Harper (110M hurdles).



The contoured brush design of the FootMate® System cradles the foot for comfortable positioning and contains:

- Over 11,000 bristles contoured to cradle the foot
- Soft inner bristles to gently massage tender areas of the foot
- Stiff outer bristles to smooth rough and/or dry skin
- Suction cups to help keep the FootMate® in place during use
- Foot pads on either side to insure the FootMate® stays in place on surfaces where suction cups won't easily adhere
- Anti-skid surface helps insure balance

- **Mildew resistant retrieval rope allows easy lifting of the FootMate® from the shower or bath eliminating bending or stooping**

The FootMate® Rejuvenating Gel™, specially formulated for feet, is a natural antiseptic, antifungal, cleanser, and conditioner that leave your feet soft and clean. The Gel contains: Tea Tree Oil, a natural antiseptic, antifungal, aloe, moisturizers, conditioners, and Vitamin E. The products contain NO: Parabens, SLS, Petrolatum, Synthetic Fragrances, EDTA, Artificial Colors or Phthalates.

The FootMate® Rejuvenating Cream™, specially formulated for feet, is a natural antiseptic, moisturizer, and conditioner that leave your feet soft and supple. The Cream contains: Tea Tree Oil, a natural antiseptic, antifungal, aloe, moisturizers, conditioners, and Vitamin E. The products contain NO: Parabens, SLS, Petrolatum, Synthetic Fragrances, EDTA, Artificial Colors or Phthalates.

Creators of the FootMate® system, Gordon Brush Mfg. Co., Inc. have a rich history as an American brush manufacturer. Established in 1951, Gordon Brush® includes two brands whose origin dates back to 1855 and 1897. Gordon Brush Mfg. Co., Inc. has been steadfast in its philosophy and commitment to manufacturing in the United States.

Gordon Brush® chooses to compete on value-added, offering premier products with superior customer service.

- **The Company manufactures over 15,000 standard, specialty, and custom brushes for industrial and commercial applications and customers worldwide, in its 183,000 sq. ft., state-of-art, ISO 9001:2008 certified, manufacturing facility in the City of Industry, CA.**
- **Gordon Brush® manufactures brushes for aerospace, the military, electronics, janitorial, pharmaceutical, environmental, hospital, laboratory, and many other industries. Gordon Brush® received a letter of commendation from the United States Army Tank-automotive and Armaments Command (TACOM) for the development of a "Chamber Brush" that cleans the main gun on the Abrams Tank.**

The development of this brush saved the Army \$1.5 billion. The Army's Director of Operations and Security Assistance, Integrated Logistic Support Center-TACOM said: "TACOM would like to express our sincere gratitude for your excellent work in supporting our warfighters in their efforts in Iraq. Your efforts have a positive impact in our fight for a democratic Iraq and the safe return of our warfighters. Again, thank you for your tremendous support of the United States Army."

The FootMate® System has been featured on the Today Show; the Fox Syndicated TV Show, the REAL; USA Love List; The Big Pitch, in Cosmopolitan Germany; Beauty Business Store.com; Insider Innovations; People Magazine; Bisous Magazine; HomeCare Magazine; at tips trends in Los Angeles; and has been Certified "Fabulous". The FootMate® System is ranked #60 in Personal Care and Beauty on Amazon.

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