

SHAKLEE'S FOOTCIAL

Facial for your Feet

Did you know that the average person walks up to 10,000 steps daily? In a lifetime that translates into walking 4 times the earth's circumference. It makes sense that your feet need special care—particularly in winter, when feet may be sweating in boots or dried out by overheated homes and offices. It is very important especially with sandal wearing in summer.

In Shaklee we call this treatment a “**Footcial.**”

1. **Enfuselle Bath Gel:** . Soak your feet in warm water with 1/8 tsp. of the luxurious relaxing essence.

Enfuselle Bath Gel is a soap-free, pH-balanced cleanser which cleans, soothes and invigorates without drying skin. It is enriched with rejuvenating sea minerals and botanicals to create a stress-relieving and skin reviving soak, shower or bath experience. It contains **Vital Repair+** for anti-aging protection.

2. **Enfuselle Infusing Mineral Masque:** While feet are still wet apply the masque all over the foot, including toes. Allow 10-15 minutes for masque to dry and then rinse feet thoroughly. (During the 10-15 minute drying period you can share a protein drink. I use the mixer to show how quickly and conveniently they can have a complete meal – which fits into the ‘Fast Food Market’ habits of today’s lifestyles. I use bathroom cups, so there is enough for everyone.)

Enfuselle Infusing Mineral Masque contains the patented **Vital Repair+** and is infused with the minerals manganese, copper, and zinc to stimulate and invigorate. Clinically proven: these minerals and natural clay unclog pores and remove impurities, and improve skin texture. This unique system gently exfoliates and smoothes the skin. It relieves tired feet and eases swollen feet and ankles.

3. **Creamy Baby Oil:** Gentle rub all over foot and ankle, especially on the rough areas.

Creamy Baby Oil has the benefits of oil, but is less greasy. (Put a little on your hand or arm). It contains allantoin and vitamin E to help soothe skin and prevent dryness and irritation. It is also pH balanced. It will quickly penetrate and be absorbed into the skin. It takes very little.

4. **Herbal Blend Multi-Purpose Cream:** Apply a small amount to entire area of the foot and ankle.

Herbal Blend Multi-Purpose Cream soothes, softens and promotes healing of dry cracked feet or skin anywhere on the body that needs attention. It gives hot, tired feet soothing relief. Try on chapped hands, blisters, hangnails, athlete’s foot, small sores, psoriasis and as a foot deodorizer.

“Special Treat for the Feet”

Shirley M. Kitchell

757-460-5542 – www.shaklee.com/kitchell

Virginia Beach, Virginia 23455