Professional Product Guide

2012/2013

Everything for the well-being of the feet.
Internationally renowned Gehwol® foot care line

Gehwol® is internationally recognized as a high quality line of foot care products since its creation in Lübbeke, Germany in 1868 by the pharmacist Eduard Gerlach.

A village pharmacist catering to the needs of alpine hikers and farmers, Eduard Gerlach understood how extremely painful sore feet can be. He was able to successfully mix fundamental substances such as potassium carbonate, unsaturated fatty acids, mineral based lubricants and disinfecting essential oils to create “E. Gerlach’s Prservative Cream” - the first industrially manufactured cream for the prevention and alleviation of foot ailments. Edward Gerlach received numerous international honors for his “Perservative Cream” - nowadays known as Foot Cream.

Since this first product introduction, Gehwol® has thrived and expanded into a full scale line of foot and nail care products made with the highest quality natural ingredients. These extensive products offer over 30 different foot care, nail care, and body care products, as well as professional pedicure equipment. The Gehwol® line has a solution to every foot care need.

An Answer to Every Problem Your Feet Might Step Into

Whether sore from running a marathon, blistered from wearing too tight shoes, or cracked and dry from normal wear and tear, our feet have the ability to bring on an enormous amount of pain, discomfort and embarrassment. And unfortunately, when our feet are not at their best, neither are we. For every foot issue we might encounter, there is an effective solution from Gehwol®.

- Dry feet and/or hard skin: Due to a lack of oil and water, the skin on the feet is especially vulnerable. Gehwol med. Salve for cracked skin treats heavily callused, brittle, dry and rough skin and helps the skin to regain its natural softness, smoothness and elasticity.

- Foot odor and sweaty feet: A blend of natural essential oils from rosemary and lavender helps Gehwol Caring Footdeo revive and stimulate feet, providing a long-lasting deodorizing and refreshing effect

- Tired, sore feet: For strained and highly stressed feet, Gehwol Foot Bath is the all-in-one product you need to reinvigorate tired feet and eliminate soreness, hard skin and calluses

- Cracked, ingrown and fungus infected nails: Gehwol med Protective and Moisturizing Skin Oil effectively treats fungal infections, such as Athlete’s Foot, while the Gehwol med. Nail Softener helps to prevent ingrown nails and calluses and the GERLAN Nail Care works to combat brittle and cracked nails.

For the past 7 years Gehwol® products have been available in specialty stores and pharmacies nationwide.

To learn more about Gehwol® products visit www.gehwol-usa.com
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GEHWOL Special Creams

GEHWOL Foot Cream

Effective Ingredients
Medicated Soap, Vaseline, lanolin, talcum, essential oils of eucalyptus, rosemary, lavender, thyme, chloroxylenol, menthol, camphor.

Application
Apply GEHWOL Footcream in a 1 mm thick layer before hiking or other activities. Wear thick socks and strong footwear. GEHWOL Footcream washes out easily with cold water.

Effects of product
GEHWOL Footcream has been known since 1882 and with its proven basis has only been adjusted to the current scientific knowledge. The cream prevents aching feet, blisters, excoriations and soreness. The anti-inflammatory effect prevents infections, brings the perspiration back to a normal level, and eliminates foot odor, intertrigo, and other side effects of excessive perspiration.

GEHWOL Footcream strengthens the skin and leaves it more resilient. Chloroxylenol and oil of thyme deodorize, disinfect, and help to protect from athletes’ foot. Camphor stimulates the blood flow and menthol refreshes while the base ointment of medicated soap, Vaseline, lanolin and talcum protect the skin against wounds and blisters.

2.6 oz., 75 ml  Art. # 112 4005

GEHWOL Extra

Effective Ingredients
Potassium stearate, lanolin, oil of rosemary, eucalyptus, lavender and thyme, camphor, menthol, triclosan, chloroxylenol

Application
Massage cream into the feet – including between the toes – twice a day

Effects of product
GEHWOL Extra nurtures and strengthens tired feet while deodorizing and disinfecting the skin. It prevents from itching, odor, calluses, cracks, chilblains, and blisters. Natural oils from eucalyptus, rosemary, lavender and thyme invigorate the feet, promote blood flow, and elevate their performance.

A cream base made of soap and lanolin softens hardened, dry skin. It also includes menthol, which has a cooling and refreshing effect, triclosan, which deodorizes, and Chloroxylenol, which disinfects and helps to protect against athletes’ foot. GEHWOL Extra stimulates blood circulation and protects against cold and wet feet.

2.6 oz., 75 ml  Art. # 112 4105
GERLAN  Hand Cream

**Effective Ingredients**
Protective care emulsion with urea, jojoba oil, glycerin, tapioca starch, panthenol, aloe vera, Bisabolol, triclosan, clotrimazol.

**Application**
Use before and after each foot care treatment to protect the hands from drying out, cracked skin, and germs such as bacteria and fungi that can be transmitted during contact with customers.

**Effects of product**
The combination of high quality ingredients such as urea, aloe vera and glycerin protects and cares for worn out hands. Antimicrobial active substances protect the skin from infections and the anti-inflammatory ingredients Bisabolol and panthenol promote healing while the antifungal clotrimazol completes the perfect protection, especially for hands that come in frequent contact with water and cleaning materials.

The quickly absorbed, non-sticky, moistening cream will protect the hands all around with regular application.

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<td>2.6 oz., 75 ml</td>
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**National Drug Code # 4526400429**
GEHWOL FUSSKRAFT Warming Bath

Effective Ingredients
Oil of rosemary, vitamin E + B complex, extract of paprika, bath lotion base, emollients.

Application
Add one measure (see dividing line) to one gallon of hot water and soak the feet for 10-15 minutes.

Effects of product
The bath contains natural extracts from rosemary and paprika as well as a combination of Vitamin E+B which have a lasting warming effect on cold feet. All of the active ingredients are quickly absorbed by the skin and provide a spontaneous and long-lasting pleasant warm feeling of the feet and stimulates the metabolism. The added emollients prevent the skin from losing moisture and keep the elasticity of the skin maintained. The footbath concentrate is economical to use and biodegradable.

A great additional warming effect can be obtained by massaging one of the GEHWOL FUSSKRAFT Red creams into the feet.

5.3 oz., 150 ml  Art. # 111 1808

GEHWOL FUSSKRAFT Herbal Bath

Effective Ingredients
Urea, emollients, camphor, lavender oil, oil of rosemary, oil of mountain pine, oil of thyme

Application
Add 1 tsp to one gallon of hot water and soak feet for 10-15 minutes.

Effects of product
The well tried combination of active ingredients such as mountain pine oil, lavender oil, and rosemary oil with urea helps to alleviate a lot of foot problems. Even persistent calluses, weals and corns are thoroughly softened. Urea also maintains the elasticity of the skin and is mildly antiseptic and deodorizing.

Excessive foot perspiration is normalized and unpleasant foot odor is eliminated and a long-lasting feeling of freshness is ensured. Extra relief can be obtained after the foot bath by massaging the feet with a GEHWOL FUSSKRAFT cream suitable for your skin type.

14.1 oz., 400 g  Art. # 111 1516
11.02 lbs., 5 kg  Art. # 111 1513
22.04 lbs., 10 kg  Art. # 111 1514
GEHWOL Bath Salts
With Oil of Rosemary

Effective Ingredients
Oil of rosemary, base of bath salts, triclosan, chloroxylenol.

Application
Dissolve the contents of a sachet in one Gallon of hot water and soak feet for approximately 15 minutes. The bath salt can also be used as a full bath, which would require 2-3 sachets.

Effects of product
A bath with GEHWOL Bath Salts cleanses softly and thoroughly, stimulates the circulation, revitalizes and strengthens the skin with the natural power of the oil of rosemary. The soothing substances are deeply absorbed into the pores and prevent excessive perspiration and odor.

Regular usage protects the skin against fungal infections with the active ingredient chloroxylenol. During the bath a fine and discreet scent of rosemary is produced and the water becomes silky-soft. Brush massages in the water intensify the soothing effect.

8.8 oz., 250 g Art. # 112 5222
2.2 lbs., 1 kg Art. # 112 5212
Overview:

Caring Ingredients:
Honey Extract, Avocado Oil, Vitamin E

Peeling Substances:
Jojoba wax pearls (green colored), Bamboo powder, Sugar.

Effectiveness:
-Removes excess skin on legs and on the back of the foot
-Smoothes tender spots on the instep
-Reveals a new, fresh skin surface
-Prevents ingrown hairs from shaving
-Helps remove cuticles on the toes
-Stimulates circulation.

Main areas of use:
- Legs (dry skin on shin and knees
- Back of the feet

Special Effectiveness:
The main purpose of the Bamboo Scrub is to exfoliate and smooth excess skin on shinbones and knees, which are often dry and rough. Additionally, skin on the feet is smoothed and rough spots can be reduced. Massaging the product into the feet and legs promotes circulation. Aches and pains in the legs and feet can be reduced.

GEHWOL FUSSKRAFT Bamboo Scrub prepares the skin for the following:
When using a self-tanner (many body lotions for the daily care also contain self-tanners) the regular use of exfoliating products is recommended in order to get a consistent tan. Ingrown hairs can be prevented. A careful removal of the cuticle of the toes is also possible.

GEHWOL FUSSKRAFT Bamboo Scrub is not a substitute for a proper Footcare treatment:
Calluses and cracks on the sole of the foot and on the heel cannot be removed by the peeling. The main areas of use are the legs (especially the shins and knees) and the bottoms and back of the feet.

Usage:
The treatment can either be done by the end user at home while taking a shower or a bath, or by the podiatrist or cosmetician during a Footcare treatment. According to the instructions for use, GEHWOL Bamboo Scrub is massaged into the moistened skin. After that, the skin will be washed, dried and a caring Footcare product can be applied.
The most important target groups for this product are women who go for regular foot treatments such as pedicures or foot massage.

These clients pay attention to the care of their feet and spend time on treatments for them. The podiatrist or the cosmetician can offer a peeling as an addition to a pedicure or other Footcare treatment such as reflexology or removal of corns and calluses.

Recommended Products for follow up care:
GEHWOL FUSSKRAFT Leg-Vitality, GEHWOL FUSSKRAFT Soft Feet and GEHWOL Leg Balm, caring products for legs and feet - GEHWOL Hydrolipid Lotion and GEHWOL med Lipidro Cream, caring products for massage and very dry skin.

5.3 oz., 150 g Art. # 111 1208
17.6 oz., 500 g Art. # 111 1211
Effective Ingredients
Urea, Avocado Oil, Hyaluron, Honey Extract, Milk protein, Farnesol.

Application
Massage into feet twice a day.

Effects of product
GEHWOL FUSSKRAFT Soft Feet has a gentle caring base, containing vitamin-rich avocado oil and other valuable lipids. Special deep acting hyaluron is absorbed by the skin, supporting its regeneration and strengthening the skin's own defenses. In combination with urea, hyaluron binds moisture in deeper skin layers and prevents callus formation.

Milk peptides and honey extract make the skin noticeably silkier and visibly smoother. GEHWOL FUSSKRAFT Soft Feet Cream is a moisturizing foot and leg cream which is easily absorbed and leaves behind the feeling of silky soft skin. The pleasant, refreshing scent gives you the security of well cared feet.

4.4 oz., 125 ml Art. # 111 2407
17.6 oz., 500 ml Art. # 111 2411
GEHWOL FUSSKRAFT Herbal Lotion

Also suitable for diabetics
Dermatologically tested

**Effective Ingredients**
Alcohol, urea, panthenol, Oils of eucalyptus, rosemary, lavender, orange, mountain pine, farnesol, Allantoin, Bisabolol, undecylene aminopropyl trimonium methosulfate (UATM).

**Application**
Spray feet well twice a day and massage in.

**Effects of product**
The herbal lotion cools and refreshes tired feet while softening calluses and preventing infections and itching of the skin. The feet enjoy long-lasting deodorization, foot odor is eliminated and the skin remains smooth and beautiful.

It contains a high amount of natural essential oils from rosemary, mountain pine, and lavender, selected skin-caring substances and cooling menthol. The essential oils stimulate blood flow and have a deodorizing effect. Allantoin, Bisabolol, and panthenol promote healing while Urea smoothes hard skin. The UATM helps to protect against fungal infections.

Particularly care for heels and the spaces between the toes. - environmental-friendly, - no propellant, - can be used upside down, - Ideal for sport or as a protection

5.3 oz., 150 ml  Art. # 111 1311

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GEHWOL FUSSKRAFT Caring Foot Spray

**Effective Ingredients**
Urea, Panthenol, Undecylenamide DEA, Farnesol, Bisabolol, Allantoin, Rosemary oil, Pine oil, Lavender oil.

**Application**
Spray feet well once or twice a day

**Effects of product**
The spray refreshes while eliminating foot odor. Natural caring substances soothe the skin and encourage its regeneration. Urea and Allantoin provide moisture and prevent calluses and the feet are smooth, healthy, and protected. Volatile oils deodorize and encourage circulation. Undecylenamide DEA protects against fungal infections.

The valve provides easy, precise, and economical application - can be held upside down while spraying for quick and convenient foot care.

1.7 oz., 50 ml  Art. # 112 3503

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GEHWOL FUSSKRAFT
Leg Vitality

Effective Ingredients
Avocado oil, algae extracts, hamamelis distillate, Allantoin, Bisabolol, farnesol.

Application
Massage the cream into the legs and feet twice a day.

Effects of product
With daily application, rough skin becomes smooth and elastic, skin discoloration is prevented, and the appearance of the skin is improved. The natural ingredients are quickly absorbed during a light massage and it has a soothing effect on tired and heavy legs.

Avocado oil, algae extracts – a water binding component - and vitamin E provide special skin friendly properties by preventing problems with dry and scaly skin and improving the moisture balance of the skin. Allantoin and the chamomile component bisabolene support the caring properties and strengthen the mildly deodorizing effect of the herbal agents. Hamamelis – an extract from the Virginian witch hazel bush – soothes irritation and tightens the skin.

The active substances contained in GEHWOL FUSSKRAFT Leg Vitality have a positive effect on the circulation and vascular system. The effect can be increased with a light massage.

4.4 oz., 125 ml  Art. # 111 1107
17.6 oz., 500 ml  Art. # 111 1111
GEHWOL FUSSKRAFT
Hydrolipid Lotion

Also suitable for diabetics
Dermatologically tested - unscented

Effective Ingredients
Urea, glycerin, avocado oil, jojoba oil, tapioca starch, oat extract, ceramides, climbazole.

Application
Massage lotion into the skin twice a day.

Effects of product
Hydrolipid lotion is an easily spread lotion for the daily care of legs and feet. It helps to prevent foot odor and fungal infections.

The ingredients urea and glycerin bind moisture in the deep layers of the skin while softening and reducing new build up of calluses. Missing Lipids are balanced in the dry skin through avocado and jojoba oil. Ceramides are an important component of the skin’s own protection and they strengthen the protective layer while keeping the skin from drying out which lead to a reduction of the flaking of the skin. Tapioca starch leaves a silky, pleasant feel on the skin.

5.3 oz., 150 ml  Art. # 111 1008
17.6 oz., 500 ml  Art. # 111 1011

GEHWOL FUSSKRAFT Blue

Also suitable for diabetics
Dermatologically tested - unscented

Effective Ingredients
skin friendly emollient emulsion, lanolin, glycerin, aloe vera, urea, oil of rosemary, oil of mountain pine, lavender oil, camphor, menthol, farnesol, climbazole.

Application
Massage the cream into the feet or the targeted area twice a day for the treatment of dry skin.

Effects of product
Natural and skin friendly Lipids like lanolin in combination with moisturizing aloe vera and urea provide dry, rough skin with the needed care which will help restoring the skins elasticity. GEHWOL FUSSKRAFT Blue also contains tried and tested ingredients to prevent foot odor, infections, and fungi. Oil of rosemary and camphor promote blood flow, menthol and mountain pine refresh, and farnesol deodorizes.

We recommend taking a warm foot bath to soften the skin before applying GEHWOL FUSSKRAFT Blue.

2.6 oz., 75 ml  Art. # 111 0205
17.6 oz., 500 ml  Art. # 111 0211
GEHWOL FUSSKRAFT Green

**Effective Ingredients**
Caring cream base containing Shea butter, jojoba oil, and aloe vera. Zinc complex active substance consisting of zinc oxide, zinc ricinoleate, and triclosan, oil of rosemary, oil of mountain pine, lavender oil, camphor, menthol, climbazole.

**Application**
Massage into skin once or twice a day to care for normal skin.

**Effects of product**
GEHWOL FUSSKRAFT Green contains the active substance complex Deozinc in a rapidly absorbed, nourishing cream base for long lasting protection against foot odor. Zinc oxide prevents sweat reduction effectively. Foot perspiration is normalized, the feet become fresh and odorless. Jojoba oil and shea butter smoothen and soften the skin while invigorating camphor and menthol relieve sore, aching feet immediately.

The proven disinfecting substance climbazole helps to prevent athlete’s foot, itching, and blisters between the toes. Meanwhile the care complex of urea, aloe vera and glycerin improve the moisturization of the skin.

2.6 oz., 75 ml Art. # 111 0105
17.6 oz., 500 ml Art. # 111 0111

GEHWOL FUSSKRAFT Mint

**Effective Ingredients**
Alcohol, skin friendly cream base, urea, menthol, essential oils of mint, eucalyptus, lavender, rosemary, mountain pine, and orange, climbazole.

**Application**
Massage cream into hot and burning feet once or twice a day.

**Effects of product**
Refreshes the feet before or after an active day through a combination of revitalizing icy freshness of a cooling mint lotion of Asian herbal oil with the gentle caring effect of a fast absorbing balm.

Natural menthol, essential oils from rosemary, mountain pine, and lavender refresh and strengthen tired and aching feet instantly. Urea and emollients help to maintain the elasticity of the skin and to keep it smooth. Well-tried antiseptics prevent athlete’s foot and itching between the toes.

2.6 oz., 75 ml Art. # 111 0405
17.6 oz., 500 ml Art. # 111 0411

Also suitable for diabetics
Dermatologically tested
GEHWOL FUSSKRAFT Red—for dry skin

Effective Ingredients
Skin friendly emollient cream base, Lanolin, essential oils of rosemary, mountain pine, and lavender, camphor, extract of ginger, extract of paprika, farnesol, climbazole.

Application
Massage cream into dry skin twice a day to treat cold feet.

Effects of product
The warming balm for dry skin gives relief for tired, strained and sore feet. Revitalizing camphor, extracts from paprika and ginger, as well as essential oils from rosemary and mountain pine, stimulate circulation and have a warming effect. Especially paprika and ginger stimulate the heat receptors of the skin; blood vessels are dilated and circulation is boosted.

Concentrated, skin-friendly emollients revitalize dry and rough skin, making it soft and smooth again. The climbazole prevents fungal infections of the feet and nails and the farnesol has a lasting deodorizing effect.

To intensify the warming effect, treat your feet with a GEHWOL FUSSKRAFT Warming Bath beforehand.

2.6 oz., 75 ml Art. # 111 2305
17.6 oz., 500 ml Art. # 111 2311
GEHWOL med
Salve for Cracked Skin

Effective Ingredients
Lanolin, Vaseline, medicated soap, panthenol, Bisabolol, zinc oxide, eucalyptus oil, lavender oil, oil of rosemary, menthol, camphor.

Application
Massage cream twice daily into the foot. In very persistent cases, apply thickly and cover with cloth and keep it moist with a plastic bag, if necessary.

Effects of product
The salve is based on a well-tried mixture of special soaps and selected skin friendly oils. It is used best for severe hard skin, dry or rough skin, or very cracked skin. Helps protect against inflammation and symptoms linked with cracked skin. By regular use the skin will regain its natural elasticity and resistibility and will be protected.

Medicated soap, lanolin, and Vaseline soften hard skin quickly and keep it smooth while Bisabolol and panthenol help clear up small skin cracks. The blood flow is stimulated by eucalyptus, lavender, rosemary, and camphor and menthol cools and refreshes.

2.6 oz., 75 ml  Art. # 114 0105
17.6 oz., 500ml  Art. # 114 0111

Also suitable for diabetics
Dermatologically tested - unscented

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GEHWOL med

Effective Ingredients
Avocado oil, sea buckthorn oil, urea, glycerin, algæ extracts, Allantoin, farnesol.

Application
Apply cream to the affected areas twice a day. Do not apply to sensitive or injured skin. Do not bring into contact with eyes and mucous membranes.

Effects of product
Urea in high concentration strengthened with glycerin and Allantoin loosens the cell bond of the hard callus layers. The cream removes annoying calluses within 28 days, it immediately softens and noticeably reduces callus within a few days. Lipids strengthen and protect; silk extract provides moisture and smooths the skin. Do not use the cream on cracked or inflamed skin - in this case GEHWOL med Salve for Cracked Skin is recommended.

To maintain the newly achieved smoothness and to prevent new calluses it is recommended to continue the care with GEHWOL med Lipidro cream.

2.6 oz., 75 ml  Art. # 114 1205

GEHWOL med

Lipidro Cream

Effective Ingredients
Skin friendly treatment emulsion with avocado oil, sea buckthorn oil, urea, glycerin, algæ extracts, Allantoin, farnesol.

Application
Massage into the skin of the feet and other areas of hard skin twice a day.

Effects of product
The high quality ingredients compensate the lack of lipids and moisture and naturally balance the protective properties of the skin. Urea binds water in the deep skin layers while Calluses are softened and excessive reformation is reduced. Sea buckthorn oil and avocado oil with a high amount of unsaturated fatty acids supply dry skin with the lipids it lacks and thus prevents the loss of moisture through evaporation. This effect is supported by a special algæ extract. The cream also helps protect against itching and fungal infections.

2.6 oz., 75 ml  Art. # 114 0805
17.6 oz., 500 ml  Art. # 114 0811

National Drug Code # 4526400706
GEHWOL med Line

GEHWOL FUSSKRAFT
Nail and Skin Protection Spray

Effective Ingredients
Panthenol, Bisabolol, vitamin E acetate, undecylenic acid derivative, clotrimazole.

Application
Spray the nails and the surrounding skin once or twice a day.

Effects of product
To improve the elasticity and stability as well as the ability of the nail to bind water. The regeneration is promoted by panthenol and vitamin E while Bisabolol and clotrimazol help protect the skin and nails against fungal infection.

The dosing valve provides easy, precise and economical application.

Easily and effectively treats most athlete’s foot and nail funguses on hands and feet, especially on the skin around the nails and between the toes.

1.7 oz., 50 ml

Art. # 111 1603

National Drug Code # 4526400850

GEHWOL med
Nail and Skin Protection Oil

Effective Ingredients
Wheat germ oil, panthenol, Bisabolol, clotrimazole.

Application
Apply to damaged areas twice a day.

Effects of product
If the skin around the nails is dry and the nails are cracked and broken, GEHWOL med Nail and Skin Protection Oil is ideal. Besides protecting against fungal infections with Clotrimazole, they offer a rich treatment of Wheat germ oil, panthenol, and Bisabolol to care for the skin and the nails.

Brittle and fragile nails regain elasticity and beauty and receive a natural silky sheen. The liquid state of GEHWOL Nail and Skin Protection Oil penetrates particularly easily even in areas like the nail fold and soaks into the skin easily.

Easily and effectively treats most athlete’s foot and nail funguses on hands and feet with innovative application process that reaches even the nail bed.

0.5 oz., 15 ml

Art. # 114 0201

National Drug Code # 4526400117
GEHWOL med Line

GEHWOL med Nail Protection Pen

Effective Ingredients
Jojoba oil, vitamin E, Panthenol, Bisabolol and clotrimazole.

Application
Paint over the nail once or twice a day, leaving the whole nail and the surrounding skin moisturized.

Effects of product
Brittle, dry nails become supple, beautiful, and gain a natural silky sheen. Quickly absorbed jojoba oil as well as bisabolol and panthenol care for the skin and nails. The product is designed for the long term use on the nails and its shape makes it particularly easy to apply the active substances. A thin layer of product is sufficient, so the pen may be used over 1000 times.

The pen is provided with three application heads, easily exchangeable, so your client can use the pen for a long time and will always be able to apply the perfect amount of product.

The ingredient clotrimazole provides effective protection against fungal infections, especially those that might be resulting from cracked cuticles or cuts of the skin around the nails.

1 Pen/3 extra applicators Art. # 114 1023
National Drug Code # 4526400921

GEHWOL med Nail and Skin Protection Cream

Effective Ingredients
Wheat germ oil, panthenol, Bisabolol, clotrimazole.

Application
Apply to affected areas twice a day and massage until only a slight residue is left.

Effects of product
If the skin around the nails is dry and the nails are cracked and broken, GEHWOL med Nail and Skin Protection Cream is ideal. Besides protecting against fungal infections with Clotrimazole, they offer a rich treatment of Wheat germ oil, panthenol, and Bisabolol to care for the skin and the nails.

Brittle and fragile nails regain elasticity and beauty and receive a natural silky sheen.

Easily and effectively treats most athlete’s foot. GEHWOL Nail and Skin Protection cream is especially suitable for the treatment of the skin around the nails and between the toes.

0.5 oz., 15 ml Art. # 114 0301
National Drug Code # 4526400216
GEHWOL med
Nail Softener

Effective Ingredients
Medicated soap, Bisabolol, ethanolamine.

Application
Coat affected area twice a day.

Effects of product
The GEHWOL med Nail Softener softens hard nails and helps to prevent them growing inwards. Softens quickly and carefully the cornification and alleviates discomfort with ingrown nails. Bisabolol helps to prevent redness and irritation. Hard skin beneath the nail and in the nail fold softens and leads to an easy removal of the cornification without causing pain.

0.5 oz., 15 ml   Art. # 114 0401

GERLAN Nail Care

Effective Ingredients
Wheat germ oil, vitamin E Bisabolol, undecylenic acid monoethanolamide.

Application
Massage one or two drops into each finger- or toenail twice a day.

Effects of product
GERLAN Nail care contains a high amount of what germ oil with vitamin E and active ingredients from the essential oil of chamomile. It stimulates the nail growth and gives flexibility to broken and torn nails. The active ingredients Bisabolol and undecylenic acid monoethanolamide support the treatment of fungal infections.

0.5 oz., 15 ml   Art. # 112 5101
GEHWOL med Deodorant Foot Cream

Effective Ingredients
Manuka oil, jojoba oil, aloe vera, zinc oxide.

Application
Apply once or twice a day.

Effects of product
GEHWOL med Deodorant Foot Cream is based on caring jojoba oil and aloe vera and contains a new, highly effective combination of manuka oil and active zinc oxides for the long-lasting elimination of strong foot odor. Manuka oil is skin-friendly and has a broad-spectrum efficiency against bacteria and fungi, which makes it particularly suitable for foot hygiene. Zinc oxide is an excellent and well-used ingredient in the care of sensitive skin with its antimicrobial and skin-protecting properties. Aloe vera has a bacteriostatic, anti-inflammatory, regenerating, and moisturizing effect. Natural jojoba oil contains valuable unsaturated fatty acids, is absorbed quickly by the skin, and supports important skin functions. With regular application, foot odor is prevented, the skin is protected against fungal infections, and the skin will soften.

2.6 oz., 75 ml  Art. # 114 0705

GEHWOL med Foot Powder

Effective Ingredients
Talcum, tapioca starch, zinc oxide, clotrimazole, Bisabolol, triclosan.

Application
Sprinkle the powder onto feet and in stockings and shoes daily.

Effects of product
GEHWOL med Foot Powder helps keeping the feet dry by absorbing sweat. The high quality ingredients like tapioca starch, micronized zinc oxide, triclosan, and Bisabolol prevent foot odors and sweaty feet, provide a smooth, pleasant skin sensation and has antiseptic properties. Bisabolol, the active ingredient in chamomile, promotes healing and has a positive effect on damaged and tired skin while triclosan deodorizes and clotrimazole helps to protect against fungal infections. The product is the perfect support for the treatment of fungal infections on the feet and between the toes.

3.5 oz., 100 g  Art. # 114 0906

National Drug Code  # 4526400306
GEHWOL Foot + Shoe Deodorant

Effective Ingredients
Alcohol, zinc ricinoleate, triclosan, undecylenamide DEA.

Application
Spray feet thoroughly once or twice a day, spray shoes if needed.

Effects of product
For quick and convenient foot care, ideal on-the-go and for sport. Zinc ricinoleat eliminates and prevents foot and shoe odor and removes sweat. Undecylenamide DEA protects against fungal infections which makes GEHWOL Foot + Shoe Deodorant perfect as a protection after using pools, saunas, while trying shoes or wearing loaned shoes.

5.3 oz., 150 ml       Art. # 112 3608

Dermatologically tested
GEHWOL Nail Repair System

The GEHWOL nail Repair System is a complete package for nail repair for manicures and pedicures. It consists of one-phase GEHWOL Nail Repair Gel which is hardened by UV light in versions clear, pink and opal and GEHWOL Nail Repair Cleaner.

GEHWOL Nail Repair Gel

Available in colors:
Clear, Opal and Pink

Effective Ingredients
One phase acrylate gel with climbazole, hardened by UV light.

Application
Reconstruction of toe and finger nails after damaged nail material has been removed, to improve the appearance of brittle or torn nails. Clean the nails with GEHWOL Nail Repair Cleaner before application.

Effects of product
Ready-to-use highly elastic nail modeling mixture, easy, precise and economical to apply using the fine tube opening. Fast hardening in 2 minutes using a UV light device.

Nail Repair Cleanser 5.07 oz., 150 ml  Art. # 112 5308

<table>
<thead>
<tr>
<th>Gel</th>
<th>0.166 oz., 5 ml</th>
<th>Art. #</th>
<th>Moderate viscose</th>
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<td>Pink</td>
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<td>Opal</td>
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<tr>
<td>Clear</td>
<td></td>
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</table>
NEW: GEHWOL Nail repair gels with higher viscosity

The new gel formula

They last and offer sensitive toes much needed protection when a nail is lost: artificial nails produced from light hardening polymerisation resin. They are particularly easy to produce using the GEHWOL Nail repair gels. Both the new tube and the new consistency make the application of the single phase resin particularly simple. Starting immediately, you will also receive the three Nail repair gels with higher viscosity.

A partly or completely missing nail should be replaced. Only in this way does the nail bed remain intact, and the new nail can grow in without pain. One of the most effective techniques consists of nail reconstruction with a light hardening single phase polymerisation resin.

Two times three
Starting immediately, you will receive the Nail repair gel with the GEHWOL Nail repair Set in two different consistencies and three colours each (clear, opal and pink). The previous (moderately viscous) gel is especially suitable for large areas of correction or for sealing nails. It can also be used very well to balance grooves and uneven areas in the nail.

New in the set
New in the set: the Nail repair Gel highly viscous. It does not run and can be applied with point precision. The dose can be adapted more easily. Difficult work is done cleanly without problems. You can obtain the desired colour by mixing the three available gels.

New in the accessories
When brushes are used several times, skin particles can stick and be transferred to other patients. This is not the case with the new brush system which you can order with the GEHWOL Nail repair system. Here, you use a new, clean brush head for every treatment. This always ensures a hygienically perfect nail prosthesis.

All advantages at a glance
- simple handling
- hardens only under UV light
- medically and cosmetically optimal results
- hygienic work with tube packaging and exchange brushes
- nail protheses remain elastic
- 2 viscosities
- 3 colours which can be mixed with each other
- brace fixation possible
- contains fungal protection

Our offers

GEHWOL Nail repair Set
- new: Nail repair gel highly viscous -

- GEHWOL Nail repair Cleaner, 150 ml bottle
- GEHWOL Nail repair Gel, moderately viscous
  Colours: clear, opal and pink, each in a 5 ml tube
- GEHWOL Nail repair Gel H, highly viscous
  Colours: clear, opal and pink, each in a 5 ml tube

Accessories

- UV light hardening unit
- Brush exchange set, size 4
  1 stem + 10 heads in a PVC bag
- Brush exchange set, size 6
  1 stem + 10 heads in a PVC bag
- Double instrument HH 106 R
Nail prosthetics: not only for optics, but particularly for protection

Nail replacement

Nails are important. They protect the sensitive tips of the fingers and toes. A partly or completely missing nail should therefore always be replaced. Only in this way can further complications be prevented from developing. Using the many different methods, the nail problem is optimally cared for and usually very good optical results are obtained as well. In this way, no sick toe has to be hidden.

Toenails are required to protect the toes. They prevent pathogens from entering the sensitive nail bed. They also serve as "counter-buffers" when seizing through touch. This is important, since the sense of touch in the feet is decisive for positioning within space. If the toe nail is damaged or missing entirely for a longer period, the nail bed dies back. The consequence: The nail bed is too small for the growing nail, which then has to grow in. In order to prevent this, a nail prosthesis should be made immediately after a nail is lost. For apart from the fact that remodelled nails are optically more pleasing, the prosthesis exercises the necessary pressure on the nail plate so that it does not die back.

Causes
The most frequent reason for which a nail must be partly or wholly replaced are growth disturbances (onychodystrophy) which are usually caused by nail fungus diseases (onychomycosis), brittle nails (onychorrhesis) or detaching nails (onycholysis) also require a nail prosthesis. But nail removal is also often unavoidable in keratosis or subungual corns (beneath the nails). In some cases, trauma (injuries) also lead to partial or complete nail loss. Herein, wrong shoes – too small, too tight or too high – are often the cause. Medications or chemicals can also cause onychodystrophy which requires nail reconstruction.

Varied help
Since the first nail prosthesis technology was patented (Josef Greppmayr, 1953) many other methods have been developed. The most common ones are:

- Acrylate pour-on technique for a partial prosthesis (air hardening two component resin, according to Greppmayr)
- Full prosthesis made from cold forming plastic foil (classic method according to Greppmayr)
- Deep drawing technique for full prostheses (according to Eckle)
- fiberglass prosthetics
- acrylic polish
- partial prostheses from air hardening, ready-made nail compound
- prostheses from light hardening polymerisation resin (single phase gel)

The methods sometimes show major differences in terms of the required effort, base equipment and the optical results. And it is not possible to use every technique for every problem. For all techniques, a small remnant of the nail should be present for an optimal fit of the prosthesis.

Full prostheses according to Eckle
A completely missing nail can only be replaced with the deep drawn technique according to Eckle. The method was developed from the classic method according to Greppmayr. It is particularly precise, but also requires a lot of effort. At the first visit of the patient, a precise silicone imprint of the previously treated nail is made with an "imprint spoon according to Eckle". This negative form is used to produce a plaster model of the nail. When the plaster cast has been correspondingly prepared, the new nail can be modelled on it with a special plaster mass. This completed model, which only requires some smoothing, is pressed into a heated special foil (deep drawing). After the foil has cooled, the artificial nail is cut to a precise fit.

At the second patient visit, the artificial nail plate is fitted and toughened on the underside. Prepared in this way, it is then affixed to the nail bed and – insofar as present – the remaining nail with a two component resin or a single phase gel. Excessive adhesive is best removed with a spatula while it is still soft.
Nail mass
An especially simple method for the reconstruction of partially damaged nails or to reinforce them is the use of finished nail mass which hardens in the air. For this purpose, GEHWOL Nail Compound is applied to the nail in a thin layer directly from the tube. The compound hardens within five minutes. During this time, the nail can be formed. As a reinforcement, a fleece can be applied to the still moist nail compound. The artificial nail provides optimal protection for the nail bed and also has many natural characteristics: It is difficult to differentiate from artificial nails, grows, can be cut and filed.

Single phase gel
The method of choice, which is also used by most foot specialists, is to reconstruct the nail with a light hardening single phase polymerisation gel. This technology is good value for the price, does not require many accessories, is easily learned and can be applied in many patients.

With the single phase gels of the GEHWOL Nail Repair Sets for hands and feet, you can provide not only medically flawless, but also optically optimal nail prosthetics for your customers. For the differently coloured gels can be mixed and thereby offer the option of adapting the colour of the artificial nail to that of the natural nail. Furthermore, the nail prostheses of light hardening single phase gels offer good wearing comfort, since they remain more elastic than the air hardening two component resins. If the replacement nail is too rigid, it may exercise too much pressure on the nail bed on the one hand and not yield sufficiently on the other hand if pressure is exerted on it. In the worst case, the regrowing nail is levered out or damaged.

Advance work
The preparation of the nail or nail remnant is the same in all reconstruction methods. It is required in order to avoid having the remnant nail detach from the nail bed, causing irritation through enclosed particles, and detachment of the artificial nail.

Step 1
Before the artificial nail can be produced, thickened nail parts and nail areas which are infected with fungi must be removed. Depending on the thickness of the nail, a coarse (such as HM 79 GM 040 coarse or HM 251 GM 060 course) or slightly finer hard metal milling tool (such as HM 75 GX 040) may be suitable for this. Then the prepared nail is freed of loose nail particles. Using a fine grinding body (such as 732/080), you obtain an even surface.

Step 2
The nail edge must be carefully cleaned. Only in this way can the new nail grow in straight and without pain. Using a small diamond grinding body (such as D 407 H 010), ingrown nails in the nail edge can be reached gently and without difficulty.

Step 3
The remnant nail plate must be free of fats so that the artificial nail can adhere to this prepared plate. The nail remnant is cleaned and de-greased using GEHWOL Nail repair Cleaner. The nail plate can be slightly roughened with a blunt instrument such as the double instrument HH 106 R. 

Modelling
For optimal results, toe nails should be reconstructed with two to three layers. In this way good flexibility of the artificial nail is guaranteed and the nail bed is optimally protected. After the pre-treatment, the first layer of the GEHWOL Nail Repair Gel is applied onto the nail directly out of the tube.

The new GEHWOL Nail repair Gel is highly viscous and especially suited to detailed modelling work. The three colours of clear, opal and pink can be mixed with each other so that the nail colour can be adaptively adapted to the natural colour. The clear gel serves as a filling base. Depending on the natural colour, add opal (for rather white nails) or pink. Naturally, both colours can also be added to design a colour. Mixing is most easily done directly on the nail bed. Due to the increased viscosity, the gel can be applied with point precision without running. This makes it much easier to work with. And since the gel only solidifies under UV light, the new nail can be modelled with a brush without time pressure. Special modelling brushes with exchangeable heads are good choices. They can be changed after every treatment, so that hygienic work is guaranteed. If your customer has a free, white nail edge on the other toes, you can easily form this with the new gels without needing a template. Draw a fine line along the distal (upper) end of the artificial nail with the highly viscous opal gel. Then the layer is hardened for two minutes under a special lamp with pure UVA light (380–400 nm). A thin, but simultaneously elastic nail is best produced with three layers of gel. Important: The polymerisation process...
A white free nail edge makes the prosthesis appear more natural. It can be formed with the Nail repair Gel highly viscous, opal.

Every gel layer is hardened for two minutes with pure UVA light. But your customer does not have to worry about a tanned toe. The short exposure time is not enough for this.

Using a fine grinding body, the nail is now shaped.

GEHWOL med Protective Nail and Skin Oil then protects the nail against fungal infections.

develops a dispersion layer (“sweating layer”) on the nail. Since this acts to encourage adhesion between the individual layers, it should not be removed.

The chemical process of hardening can also develop heat on the nail bed. If your customer feels an unpleasant sensation, interrupt the UV irradiation. However, the hardening process is only complete after two minutes. Therefore, continue irradiation after a brief pause if required.

To seal the finished nail, it is best to apply a thin layer of GEHWOL Nail repair Gel moderately viscous. Depending on the coloration of the artificial nail, use the colour “clear” for this, or if the nail appears too white, use “pink”, or for an unnaturally pink nail, “opal”. The moderately viscous gel equalises uneven areas extremely well. The nail also receives a beautiful shine. This layer is also hardened under UV light. The sweating layer of the last gel layer can be removed with a cellulose pad and the GEHWOL Nail repair Cleaner.

Follow-up treatment
The nail prosthesis is then formed and brought to a shine. Using cylindrical (such as HM 175 FX 060) or conical hard metal milling tools (such as HM 186 FX 050), more major work is easily performed on the solid gel surfaces. Fine hard metal milling tools such as HM 251 FX 060, HM 250 FX 040 and HM 79 FX 040 are suitable for working on the nail edge and performing slight surface corrections.

Polishers provide a beautiful shine at the finish. These are available in differing grit sizes. The polish usually starts with a coarse attachment and ends with a fine attachment. The cylindrical polishers are excellent for lending a beautiful finish to large surfaces. The conical polishers are suitable for fine work on the edge of the nail.

Protection
When it is treated this way, the nail can regrow under the prosthesis without problems. The special property of the Nail repair Gels is that it detaches wherever the skin forms fats. This means that the new nail is not hindered in its growth. And the highly effective antifungal additives in the nail gels mean that no nail fungus disturbs the regrowth. In addition, you should protect the nail bed with antifungicides such as GEHWOL med Protective Nail and Skin Oil. It distributes well between the artificial nail plate and the nail bed, protecting against mycosis. It is recommended to continue this nail care on a regular basis. The patient can continue to do this himself without problems until the next check-up.

Follow-up care
In the event of complete nail loss, it can take up to one year for a new nail to form. In this time the nail must be regularly checked and the artificial nail must be shortened, or replaced from time to time. It is generally recommended to carefully grind down the new nail every six to eight weeks and renew it.

Hand & Foot
The finger nails are exposed to numerous strains. Using the GEHWOL Nail repair Set, you can provide optimal care and protection to the finger nails.

Also suitable for manicures
For this the untreated nail is cleaned, slightly roughened and a layer of Nail repair Gel, moderately viscous is applied and hardened. Use your choice of the gel clear, opal or pink and optimally adapt the colour to the natural colour. The result is a well cared for, naturally shiny nail which can no longer easily tear or break. The GEHWOL Nail repair Gel is also highly suitable as a polish base. The gel fills unattractive grooves and uneven areas and ensures a smooth nail surface.

Of course the GEHWOL Nail repair Set can also be used to repair a damaged finger nail or create a finger nail prosthesis.
GEHWOL Callus Softener
For professional use only

Effective Ingredients
Buffered alkaline substances

Application
To soften hard skin, calluses, corns and hardened nail folds, apply GEHWOL Callus Softener generously with a swab—or similar—and allow the product to take effect for a few minutes (depending on the thickness of the skin). You can then begin to remove the hard skin using an appropriate foot care tool.

Effects of product
The ready-to-use solution smoothens hardened skin quickly and is perfect for the use in professional environments. Problem areas are treated effectively and without pain and it is easy to use for foot care professionals.

17.6 oz., 500 ml Art. # 111 0711
67.62 oz., 2000 ml Art. # 111 0714

GEHWOL Callus Gel
For professional use only

Effective Ingredients
Buffered alkaline substances

Application
To soften hard skin, calluses, corns and hardened nail folds, apply GEHWOL Callus Gel generously with a swab—or similar—and allow the product to take effect for a few minutes (depending on the thickness of the skin). You can then begin to remove the hard skin using an appropriate foot care tool.

Effects of product
The ready-to-use gel can be applied very precisely and is especially suitable for calluses, deep cracks in the skin and in the nail fold. Problem areas are treated effectively and without pain and it is easy to use for foot care professionals.

35.3 oz., 1000 ml Art. # 111 0812

National Drug Code # 4526401010
GEHWOL FUSSKRAFT Callus Softener
with 25% Urea
For professional use only

Effective Ingredients
Urea, lactic acid

Application
The Callus Softener comes with a 50 ml foam dispenser bottle. The pump is activated by rapid pumping which improves the formation of the foam.

Effects of product
GEHWOL FUSSKRAFT Callus Softener can be dispensed very precisely using the foam dispenser that comes with it. Dispense the stable foam onto the hard skin or corns and let it soak for approximately 5 minutes. Calluses and Corns will be easily removed without any pain. The product does not contain any alkaline or harmful propellants.

17.6 oz., 500 ml Art. # 111 1711
GEHWOL Disinfectant Lotion
For professional use only

Effective Ingredients
Alcohol, glycerin, menthol, benzalkonium chloride

Application
To refresh and cleanse the feet during a foot care treatment. Disinfectant

Effects of product
The GEHWOL Lotion should be sprayed onto the feet to clean them before and after the foot care treatment. The effect is refreshing and fragrant. Sweat and impurities are easily removed with a wipe. It helps to prevent the growth of bacteria and fungal pathogens.

17.6 oz., 500 ml  Art. # 111 0611
67.62 oz., 2000 ml  Art. # 111 0614

GEHWOL Emulsion
For professional use only

Effective Ingredients
Lubricating emulsion base, oil of rosemary, menthol, camphor, propylene glycol, climbazole.

Application
To soften hard skin, calluses, corns and hardened nail folds, apply GEHWOL Callus Gel generously with a swab—or similar—and allow the product to take effect for a few minutes (depending on the thickness of the skin). You can then begin to remove the hard skin using an appropriate foot care tool.

Effects of product
The ready-to-use gel can be applied very precisely and is especially suitable for calluses, deep cracks in the skin and in the nail fold. Problem areas are treated effectively and without pain and it is easy to use for foot care professionals.

17.6 oz., 500 ml  Art. # 112 4511
67.62 oz., 2000 ml  Art. # 112 4514
### Polymers, Plasters and Protective Pads

Our Orthotics are FDA registered and fall into the category of Medical Device under “Protector, Skin Pressure”, Listing Number D142415

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td><strong>Metatarsal Cushion G, polymer (1 Pair)</strong></td>
<td>Skin-friendly, soft, highly elastic polymer gel pads. Especially comfortable, soft polymer gel with thicker cushioning in the middle. Protects the middle foot from friction and pressure.</td>
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<tr>
<td>Dermatologically tested</td>
<td>Small  Art. # 112 6904</td>
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<tr>
<td></td>
<td>Large  Art. # 112 6933</td>
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<tr>
<td><strong>Metatarsal Cushion w/ elastic fabric (1 Unit)</strong></td>
<td>A particularly comfortable elastic pad, polymer gel coated on both sides with textile. Only 2 mm thick, fits comfortable in any shoe. For protection of the midfoot against friction and pressure.</td>
</tr>
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<td>Dermatologically tested</td>
<td>Medical Device Art. # 112 6801</td>
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<tr>
<td><strong>Metatarsal Cushion G poly/fabric (1 Pair)</strong></td>
<td>A soft latex foam pad with a skin-friendly nylon cover to support the forefoot. Effective against pain, pressure points and callosity formation in the forefoot area—makes walking easier. Washable.</td>
</tr>
<tr>
<td>Medical Device</td>
<td>Art. # 112 6502</td>
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</tbody>
</table>
Polymers, Plasters and Protective Pads

Bunion Cushion G (1 Unit)

Facilitates walking on the ball of the big toe. The soft cup offers unique protection and comfort. To be worn underneath stockings.

Dermatologically tested
Medical Device

Art. # 112 6900

Correction Ring G (3 pieces)

For the relieve of typical problems associated with hammertoes. Gently stretches, lowers and guides the toe in the normal position. The effected toe joint is relieved and callus formation is restricted.

The ring is slipped onto the affected toe with the thicker side of the ring uppermost.

Dermatologically tested
Medical Device

Art. # 112 6901

Toe Protection Ring G - medium, 30 mm (2 pieces)

Flexible polymer gel ring for even pressure distribution and relieve, e.g. with warts and corns.

Dermatologically tested
Medical Device

Art. # 112 6926
Polymers, Plasters and Protective Pads

**Toe Cap G - medium (2 pieces)**

Highly elastic polymer gel cap to protect the skin. For corns between the toes and problems associated with nail folds and the tips of the toes.

Dermatologically tested  
Medical Device  
Art. # 112 6902

**Toe Separators G - medium or large (3 pieces)**

Gentle and non-slippery relieve for corns between the toes. Corrects toes that are displaced, pressed together or overlapping. Protects against wound friction and skin irritation –Suitable for ball deformities of the foot and toe correction.

Dermatologically tested  
Medical Device  
Art. # 112 6913 medium
Art. # 112 6914 large

**Toe Divider GD - medium (3 pieces)**

Improved anatomical fit, ensures firmer hold and is gentle on the skin. A soft, highly elastic polymer gel cushion, comfortable and non-slip. Protects close lying toes from rubbing and provides noticeable relieve with corns between the toes. Corrects overlapping toes and is suitable in the management of deformities affecting the ball of the foot.

Dermatologically tested  
Medical Device  
Art. # 112 6929
Polymers, Plasters and Protective Pads

Cushion for hammertoe - right or left (1 Unit)

Particularly comfortable soft polymer gel cushion with broad elastic strap to keep it firmly in place without cutting in. Prevents skin irritation and corns between the toes.

Dermatologically tested
Medical Device

Art. # 112 6915 right
Art. # 112 6916 Left

Heel cushion G - small or medium (1 Pair)

Highly elastic, and especially soft, shock absorbing heel cushion for pleasant pressure relieve with heel spur. New gel waves provide pressure relieve precisely in the affected areas of the foot and avoid extreme strain while walking or standing. The gel waves result in a gentle flowing transition from the harder material to the softer material of the heel cushion. Heel cushions relieve strain on the knees, talcolcaean and hip joints as well as the spinal column.

Dermatologically tested
Medical Device

Art. # 112 6931 small
Art. # 112 6932 medium

Blister Plaster w/ hydrocolloid system (6 pieces)

Actively effective help for blisters and damaged skin. The plaster draws excess moisture from the wound and forms a protective cushion, promoting the natural healing process. Can also be used as a precautionary measure. Relieves pain and promotes healing, Hypoallergenic, breathable, water-resistant and anti-bacterial.

Medical Device

Art. # 112 7620
Polymers, Plasters and Protective Pads

Corn Protection Plasters (8 Pieces)

Soft moleskin tissue; protects from the pain of pressure on corns, corns between the toes and ganglions.

Medical Device

Art. # 112 6111

Toe Rings Round (9 pieces)

Made of soft felt with a skin friendly plaster coating.

Medical Device

Art. # 112 6200

Toe Rings Oval (9 Pieces)

Made of soft felt with a skin friendly plaster coating.

Medical Device

Art. # 112 7200
Polymers, Plasters and Protective Pads

Protective Plaster (4 Pieces)
Soft jersey brushed wool gives protection from pressure and rubbing; for sensitive and worn skin.

Medical Device
Art. # 112 7610

Sponge for Hard Skin (1 Piece)
GEHWOL Sponge for Hard Skin with double action coarse and fine pored mineral callus sponge. The coarser, white side is for removing stubborn callus, welts and corns from the feet. The finer, blue side is for hands, ankles, knees, etc. Dead skin cells are removed - the skin becomes tender and soft. A GEHWOL Foot Bath makes it easier to remove callus.

Medical Device
Art. # 112 7700

Little Toe Ball Cushion G (1 Piece)
The soft cup offers unique protection and comfort. To be worn underneath stockings. The Bunion Cushion G and the Toe dividers complement each other.

Dermatologically tested
Medical Device
Art. # 112 6935
Polymers, Plasters and Protective Pads

Toe Protection—three sizes (2 Pieces)

Flexible polymeric gel in a fine, highly elastic fabric for equal pressure relief, for example with warts and corns.

Dermatologically tested
Medical Device

<table>
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<th>Size</th>
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<tr>
<td>Medium</td>
<td>112 6803</td>
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<tr>
<td>Large</td>
<td>112 6804</td>
</tr>
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Corn Protection Ring G (3 Units)

Especially adaptive and soft corn protection cushion. This ring provides three dimensional padding on and around the painful corn, providing relief from pressure.

Dermatologically tested
Medical Device

Art. # 112 6921
Gehwol  Everything for the well-being of the feet.

Pedicure Files

Wooden Pedicure File Nature

Pedicure file for callused skin, double-sided abrasive-coated, antibacterial (sanitized) and waterproof; rough side for grinding, fine side for smoothing of callused skin. File off callused skin and painful chaps quickly and comfortably with this pedicure file.

Art. # 19021.001

Sterilizable Inox File “Keller” - Switzerland

The handle is made of stainless steel and can be sterilized easily in any sterilizer. The abrasives are available sterile, single packed or non-sterile and are for single use only. The bag of the sterile abrasive is opened in front of the client and is stuck on the handle easily. Remove after use and dispose.

Art. # 26023

Abrasive grit - self-adhesive - for Inox File

Sterile, single packed, 80 piece
  Grit 60  Art. # 26024
  Grit 100  Art. # 26025

Non-Sterile, 60 piece
  Grit 60  Art. # 26026
  Grit 100  Art. # 26027
High quality chrome, robust tubular steel construction. With rounded handles and towel rail. Plastic bowl light grey, 14.96 x 14.96 x 5.51 inches (38 x 38 x 14 cm) Can be moved on four castors—two of them with brakes.

“Feel good service” foot bath for your customers; the mobile foot bath is the ideal space saver. Equipped with easy-running castors, the foot bath can be moved to the desired location. It takes hardly any effort to cleanse and disinfect your patients’ feet.

Your patients will be grateful, now that you can offer them a beneficial foot bath more often.

Art. # 3019 30300
Special high quality plastic bags for the Foot Bath Bowl - keep your foot bath hygienic without much effort.

Art. # 7019 30004
Electric micro meter hand piece with automatic tension and integrated spray control. Weight of hand piece only 6 oz. (170 g). Right/Left running 63 inches (160 cm) long hand piece lead for large work areas in the practice and for home visits. Step-less control between min. 2.200 and max. 42.000 rpm, constant power distribution electronically commuted over the whole range, maintenance free.
Spray quantity can be adjusted to very fine and can be programmed to two levels. User-friendly key pad is inclined at 25 degree angle.
Cable free foot switch with three functions for burr and spray ON/OFF and dry blower.
500 ml spray tank for 23 hrs. spray time.

**Technical data:**
- Total weight: 6.39 lbs (2.9 kg)
- Dimensions: width: 11.02 inch, height: 4.53 inch, depth: 11.02 inch
- Power connection: 110-240 V / 50-60 Hz
- Hand piece: 30 V / DC

Art. # 6042 06001
GERLACH Foot Care Case—Mobile Foot Clinic

5.95 lbs lightweight construction for mobile Footcare; practical; for the high hygiene demand.
6.3 inches deep, which makes it especially comfortable to bear with.

The Trolley that comes with the set supports the convenience during the day to day business. It can be easily removed from the case and is installed with a few simple steps. It has large, pneumatic ball wheels, assuring a vibration free motion of wide range. All of your equipment and tools will be transported safely.

Suitcase Trolley Complete Art. # 3019 32501 - 3031 06400

The offer includes the trolley and the grey case ONLY!

Products and Equipment are NOT included
Portable Holster with Leg Support

Leg rest in structural foam; Infinitely adjustable by rotating crank angle with hand rotary knob set.

Height: min. 17.72 inch, max. 26.38 inch
Total weight: 4.41 lbs
Weight without Holster: 3.53 lbs

Art. # 3014 23300
**Gehwol**  
*Everything for the well-being of the feet.*

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
</table>
| **Nail Clipper G 495** | 12 cm (4.72 inch), barrel sprung  
Stainless steel, AESCULAP  
Art. # 309 2001 |
| **Nail Clipper HF 243** | 13 cm (5.12 inch), lap jointed, cantilever 19 mm (0.75 inch)  
Stainless steel, AESCULAP  
Art. # 309 1344 |
| **Nail Clipper HF 210** | (Nipper) 13.5 cm (5.31 inch), box jointed, cantilevered cutter 20 mm (0.08 inch)  
Stainless steel, AESCULAP  
Art. # 309 1112 |
| **Nail Clipper HF 250** | 15 cm (5.91 inch), barrel sprung  
Stainless steel, AESCULAP  
Art. # 309 2000 |
| **Nail Skin Clipper MPHF 441** | 8.5 cm (3.35 inch), cantilever edge 7 mm (0.28 inch)  
Stainless steel, AESCULAP  
Art. # 309 1542 |
| **Skin Clipper HF 460** | 10 cm (3.94 inch), cantilever edge 7 mm (0.28 inch)  
Stainless steel, AESCULAP  
Art. # 309 1662 |
| **Corner Clipper 491** | 10 cm (3.94 inch), straight cutter 11 mm (0.43 inch)  
Stainless steel, AESCULAP  
Art. # 309 1850 |
Corner Clipper 490
11.5 cm (4.53 inch), straight cutter 13.5 mm (0.53 inch)
Stainless steel, AESCULAP
Art. # 309 1851

Splinter Tweezers BD 964
9.5 cm (3.74 inch)
Stainless steel, AESCULAP
Art. # 310 1064

Credo Profi Replacement Blades M2
10 items
Art. # 312 1002

SECORA Hard Skin rasp
Sterilizable, 17.3 cm (6.81 inch) Red, 0.5 mm (0.02 inch)
Art. # 312 1012

Corner File O 33 R
13 cm (5.12 inch) double ended
Stainless steel, AESCULAP
Art. # 312 1533

Probes DC 200 R
17 cm (6.69 inch) double ended
Stainless steel, AESCULAP
Art. # 312 1720

Double Spoons DC 241 R
17 cm (6.69 inch), barrel sprung
Stainless steel, AESCULAP
Art. # 312 1438
GEHWOL CLASSIC MANICURE

Note: $ 1.00 average cost per treatment
30 minutes

Transform your hands back to their youthful glow while enjoying a comforting herbal bath followed by a gentle exfoliation, dedicated care for nail and cuticles, thus concluding with a soothing, delightful and protective hand massage.

<table>
<thead>
<tr>
<th>Products</th>
<th>Treatment Notes</th>
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</thead>
<tbody>
<tr>
<td>Step 1: GEHWOL Herbal Bath</td>
<td>Prepare water using suggested amount of GEHWOL Herbal Bath. The bath contains Lavender, Rosemary and Mountain Pine Oils that will leave the hands cleansed and refreshed.</td>
<td>1 Tea-spoon in a bowl of hot water</td>
</tr>
</tbody>
</table>
Indulge your mind, body and soul with GEHWOL Deluxe Manicure. Your experience will include a personalized treatment starting with a warm herbal bath and a gentle exfoliation, followed by a mask, providing maximum levels of hydration. This manicure is dedicated to appropriately caring for the protection and moisture balance of the cuticle and nails, you may treat different conditions such as: brittle and torn nails, ingrown and fungus. We conclude with a hand massage providing exceptional relaxation to the lower arms and hands.

<table>
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<tr>
<th>Products</th>
<th>Treatment Notes</th>
<th>Qty per foot/leg</th>
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<tbody>
<tr>
<td>Step 1: GEHWOL Herbal Bath</td>
<td>Prepare water using suggested amount of GEHWOL Herbal Bath. The bath contains Lavender, Rosemary and Mountain Pine Oils that will leave the hands cleansed and refreshed.</td>
<td>1 Teaspoon in a bowl of hot water</td>
</tr>
<tr>
<td>Step 2: GEHWOL Lotion</td>
<td>Inspect and analyze the hands, spray GEHWOL Lotion on tops of the hands, palms and in between fingers to sanitize and disinfect. Soak in prepared GEHWOL Herbal Bath for 5 minutes.</td>
<td>1 ml</td>
</tr>
<tr>
<td>Step 3: Perform Nail Care Service</td>
<td>Perform Nail Care Service, including filing nails and trimming of cuticle - if desired. Repeat on other hand.</td>
<td></td>
</tr>
<tr>
<td>Step 4: GEHWOL Bamboo Scrub</td>
<td>Apply small amount of GEHWOL Bamboo Scrub into wet palm, rub hands together and apply onto hand. Massage well to effectively exfoliate dry skin. Rinse thoroughly or use how wet towel to remove peel. Repeat on other hand.</td>
<td>2 ml</td>
</tr>
<tr>
<td>Step 5: GEHWOL Hydrolipid Lotion</td>
<td>Apply GEHWOL Hydrolipid Lotion onto Hands and just above the wrists, place in plastic bags and wrap with hot towels, leave on for 5 minutes. The moisture mask will absorb into the hands leaving them feeling rebalanced and moisturized. Remove towels and plastic bags. Do not remove lotion.</td>
<td>1.5 ml</td>
</tr>
</tbody>
</table>
| Step 6:                       | • Nail Softener (Prevents ingrown Nails)  
• Med Protective Nail & Skin Oil (For Fungal Infections)  
• Nail Care (For brittle and cracked Nails) | Apply appropriate GEHWOL Nail Oil for healing, conditioning and protecting of cuticles and nails. Massage into cuticles and nail bed.                                                                  | One drop per nail to be treated |
| Step 7: GEHWOL Hand Creme     | Massage hands with GEHWOL Hand Cream to soften, heal and protect the skin.                                                                                                                                     | 0.5 ml           |
| Step 8: GEHWOL Lotion         | Spray Gehwol Lotion on nail bed to remove any excess oils or cream (Repeat as needed), Apply polish or buff nails.                                                                                           |                  |
**GEHWOL CLASSIC PEDICURE**

Note: $1.75 average cost per treatment

Get all of the benefits of a spa pedicure: The experience begins with a relaxing herbal bath, which leads to a soothing bamboo scrub, further softening the feet. The treatment is continued with the application of the callus remover and finished by shaping the nails and conditioning the cuticles. Aches, stiffness and soreness will be relieved with a nurturing massage.

<table>
<thead>
<tr>
<th>Products</th>
<th>Treatment Notes</th>
<th>Qty per foot/leg</th>
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<tr>
<td>Step 1: GEHWOL Herbal Bath</td>
<td>Prepare water using suggested amount of GEHWOL Herbal Bath. The bath contains Lavender, Rosemary and Mountain Pine Oils that will leave the feet cleansed and refreshed.</td>
<td>1 Teaspoon in a bowl of hot water</td>
</tr>
<tr>
<td>Step 2: GEHWOL Lotion</td>
<td>Inspect and analyze the hands, spray GEHWOL Lotion on tops and bottoms of the feet, and in between toes to sanitize and disinfect. Soak in prepared GEHWOL Herbal Bath for 5 minutes.</td>
<td>1 ml</td>
</tr>
<tr>
<td>Step 3: GEHWOL Foaming Callus Treatment</td>
<td>Remove the foot from the bath, pat dry and apply GEHWOL Foaming Callus Treatment onto cuticles, rough skin and calluses.</td>
<td>1 ml</td>
</tr>
<tr>
<td>GEHWOL Callus Buffered Alkaline Solution Treat-</td>
<td></td>
<td>1 ml</td>
</tr>
<tr>
<td>ment GEHWOL Foot File with Removable Pads.</td>
<td></td>
<td>1 ml</td>
</tr>
<tr>
<td>Step 4: GEHWOL Bamboo Scrub</td>
<td>Apply small amount of GEHWOL Bamboo Scrub into wet palm, rub hands together and apply onto feet. Massage well to effectively exfoliate dry skin. Rinse thoroughly or use how wet towel to remove peel. Repeat on other hand.</td>
<td>2 ml</td>
</tr>
<tr>
<td>Step 5: GEHWOL Herbal Lotion</td>
<td>Remove both feet from bath, pat dry. Spray Herbal Lotion onto legs and feet, let sit a minute to absorb, this will leave the skin feeling cool and refreshed.</td>
<td>1.5 ml</td>
</tr>
<tr>
<td>Step 6: Nail Care Oil</td>
<td>Apply Nail Care Oil to nail beds and cuticles for the healing, conditioning and protection of cuticles and nails</td>
<td>On drop per nail to be treated</td>
</tr>
<tr>
<td>Step 7: • Salve for Cracked Skin</td>
<td>Salve for Cracked Skin (for extremely cracked skin)</td>
<td>0.5 ml</td>
</tr>
<tr>
<td>• Massage: GEHWOL Emulsion</td>
<td>Massage feet with GEHWOL Emulsion. GEHWOL Blue (moisturizes dry and tired feet) GEHWOL Mint (cools, refreshes, hydrates and deodorizes)</td>
<td>2 ml</td>
</tr>
<tr>
<td>• GEHWOL Blue</td>
<td></td>
<td>0.5 ml</td>
</tr>
<tr>
<td>• GEHWOL Mint</td>
<td></td>
<td>1 ml</td>
</tr>
<tr>
<td>Step 8: GEHWOL Lotion</td>
<td>Spray toenails and bottom of foot with GEHWOL Lotion, wipe and clean nails as needed. Apply polish or buff nails.</td>
<td>1 ml</td>
</tr>
</tbody>
</table>
Great for those who are hard on their feet! This specialized treatment revitalizes while improving the conditions in the athletic feet. Designed to give special attention to nail plate structure and growth, fungus prevention and treatment. A replenishing massage leads to instant relief! Rejuvenates the feet and keep them looking their best.

<table>
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<th>Products</th>
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<tr>
<td>Step 1: GEHWOL Herbal Bath</td>
<td>Prepare water using suggested amount of GEHWOL Herbal Bath. The bath contains Lavender, Rosemary and Mountain Pine Oils that will leave the feet cleansed and refreshed.</td>
<td>1 Teaspoon</td>
</tr>
<tr>
<td>Step 2: GEHWOL Lotion</td>
<td>Inspect and analyze the hands, spray GEHWOL Lotion on tops and bottoms of the feet, and in between toes to sanitize and disinfect. Soak in prepared GEHWOL Herbal Bath for 5 minutes.</td>
<td>1 ml</td>
</tr>
<tr>
<td>Step 3: GEHWOL Foaming Callus Treatment</td>
<td>Take foot out of bath, pat dry and apply GEHWOL Foaming Callus treatment onto cuticles, rough skin and calluses. In the case of thicker calluses use the GEHWOL Callus Softener (especially on the heel and ball of feet). Spray the area and/or place a piece of cotton damped with the softener on the thick calloused area. Remove it after 5 minutes. Perform nail care services, file nails and trim cuticles as desired. Place foot in bath and repeat on the other foot. Use the GEHWOL Foot File to remove calluses.</td>
<td>1 ml</td>
</tr>
<tr>
<td>Step 4: GEHWOL Bamboo Scrub</td>
<td>Apply small amount of GEHWOL Bamboo Scrub into wet palm, rub hands together and apply onto feet. Massage well to effectively exfoliate dry skin. Rinse thoroughly or use how wet towel to remove peel. Repeat on other hand.</td>
<td>2 ml</td>
</tr>
<tr>
<td>Step 5: GEHWOL Herbal Lotion GEHWOL Leg Vitality (mask optional)</td>
<td>Remove both feet from bath, pat dry. Spray Herbal Lotion onto legs and feet, let sit a minute to absorb, this will leave the skin feeling cool and refreshed. Apply GEHWOL Leg Vitality onto feet and just above the ankles 1 mm thick, place in a plastic bag and wrap with hot towels, leave on for 5 minutes. The cooling mask and the hot towels greatly complete each other, allowing the skin to absorb the essential oils in the mask. Remove towels and plastic bags. Do not remove mask.</td>
<td>1.5 ml</td>
</tr>
<tr>
<td>Step 6: Nail Care Oil</td>
<td>Apply Nail Care Oil to nail beds and cuticles for the healing, conditioning and protection of cuticles and nails</td>
<td>On drop per nail to be treated</td>
</tr>
<tr>
<td>Step 7:</td>
<td>Massage feet with GEHWOL Emulsion. For other conditions use appropriate cream: GEHWOL Blue (moisturizes dry and tired feet) GEHWOL Mint (cools, refreshes, hydrates and deodorizes) GEHWOL Lipidro Cream (heals dry skin and softens calluses)</td>
<td>2 ml</td>
</tr>
<tr>
<td>Step 8: GEHWOL Foot and Shoe Deodorant</td>
<td>Wipe feet dry and spray GEHWOL Foot and Shoe Deodorant to prevent sweat and odor and to protect the feet against fungus and bacteria. Leaves a pleasant and refreshing scent. Apply Foot powder to the bottom of the feet as an added safety to ensure clients won’t slip.</td>
<td>1 ml</td>
</tr>
<tr>
<td>GEHWOL Foot Powder</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

GEHWOL USA. 2001 W Main Street, Suite 275, Stamford, CT 06902
Toll Free 1 (877) 373 7899 Tel (203) 541 8940 Fax (866) 280 5576 e-mail corporate@gehwolfootcare.com
Dry pedicures are convenient, think of pampering yourself while you are lying down, receiving other spa treatments! Focused on the removal of calluses, you can eliminate the need to soak by using products designed specifically to help remove dead tissue, and treating the dry and hard skin on the heels. A comfort foot massage will provide the utmost relaxation to your overworked feet.

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<tr>
<td>Step 1: GEHWOL Disinfecting Lotion</td>
<td>Inspect and analyze feet. Generously spray GEHWOL Disinfecting Lotion on the tops and bottoms of the feet and between the toes to ensure maximum sanitizing and disinfecting. Remove polish and file toe nails as desired.</td>
<td>1 ml</td>
</tr>
<tr>
<td>Step 2: GEHWOL Foaming Callus Treatment</td>
<td>Apply GEHWOL Foaming Callus Treatment onto cuticles, rough skin and calluses. In the case of thicker calluses use the GEHWOL Callus Softener (especially on the heel and ball of feet), spray the area and/or place a piece of cotton damped with the softener on the thick callused area. Remove after 5 minutes, spray water on treated areas and pat dry.</td>
<td>1 ml 1 ml</td>
</tr>
<tr>
<td>GEHWOL Callus Buffered Alkaline Solution</td>
<td></td>
<td>1 ml</td>
</tr>
<tr>
<td>Treatment Spraying water bottle</td>
<td></td>
<td>1 ml</td>
</tr>
<tr>
<td>GEHWOL Foot File with Removable Pads.</td>
<td>Push back cuticles and trim if desired. Use GEHWOL Foot File to remove calluses. Repeat on other foot.</td>
<td></td>
</tr>
<tr>
<td>Step 4: GEHWOL Bamboo Scrub</td>
<td>Spray tops and bottoms of the feet with water, apply small amount of GEHWOL Bamboo Scrub into wet palm, rub hands together and apply onto the feet, massage well to effectively exfoliate the skin. Repeat on other foot. Spray feet with water and using a hot wet towel to remove the scrub from the feet.</td>
<td>4 ml 3 ml</td>
</tr>
<tr>
<td>Step 5: GEHWOL Herbal Lotion</td>
<td>Spray Herbal Lotion onto legs and feet, let sit a minute to absorb, this will leave the skin feeling cool and refreshed. Apply GEHWOL Leg Vitality onto feet and just above the ankles 1 mm thick, place in a plastic bag and wrap with hot towels, leave on for 5 minutes. The cooling mask and the hot towels greatly complete each other, allowing the skin to absorb the essential oils in the mask. Remove towels and plastic bags. Do not remove mask.</td>
<td>1 ml 3 ml</td>
</tr>
<tr>
<td>GEHWOL Leg Vitality (mask optional)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Step 6: Nail Care Oil</td>
<td>Apply Nail Care Oil to nail beds and cuticles for the healing, conditioning and protection of cuticles and nails</td>
<td>On drop per nail to be treated</td>
</tr>
<tr>
<td>Step 7:</td>
<td>• Massage: GEHWOL Emulsion</td>
<td>0.5 ml 2 ml 1 ml</td>
</tr>
<tr>
<td></td>
<td>• Salve for Cracked Skin</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• GEHWOL Mint</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Apply Salve for Cracked Skin to heels and other rough areas. Massage feet with GEHWOL Emulsion., then apply GEHWOL Mint</td>
<td></td>
</tr>
<tr>
<td>Step 8: GEHWOL Lotion</td>
<td>Spray toenails and bottom of feet with GEHWOL Lotion, wipe and clean nails as needed. Apply polish or buff nails. Apply Foot Powder to the bottom of the feet as a safety measure to ensure the client won’t slip.</td>
<td>1 ml 0.5 g</td>
</tr>
<tr>
<td>GEHWOL Foot Powder</td>
<td></td>
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</table>
A medical pedicure refers to the examination and treatment of disorders affecting the feet and toenails by a qualified specialist. The nails and cuticles are treated appropriately according to their needs, such as: brittle and torn nails, ingrown nails and fungus. This is a therapeutic pedicure with an elevated level of cracked skin and callus reduction treatment. Finishing with a relaxing massage, your feet will feel cool, refreshed and hydrated.

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<td><strong>Step 1:</strong> GEHWOL Herbal Bath</td>
<td>Prepare water using suggested amount of GEHWOL Herbal Bath. The bath contains Lavender, Rosemary and Mountain Pine Oils that will leave the feet cleansed and refreshed.</td>
<td>1 Teaspoon in a bowl of hot water</td>
</tr>
<tr>
<td><strong>Step 2:</strong> GEHWOL Lotion</td>
<td>Inspect and analyze the hands, spray GEHWOL Lotion on tops and bottoms of the feet, and in between toes to sanitize and disinfect. Soak in prepared GEHWOL Herbal Bath for 5 minutes.</td>
<td>1 ml</td>
</tr>
<tr>
<td><strong>Step 3:</strong> GEHWOL Foaming Callus Treatment</td>
<td>Take foot out of bath, pat dry and apply GEHWOL Foaming Callus treatment onto cuticles, rough skin and calluses. In the case of thicker calluses use the GEHWOL Callus Softener (especially on the heel and ball of feet). Spray the area and/or place a piece of cotton damped with the softener on the thick calloused area. Remove it after 5 minutes. Perform nail care services, file nails and trim cuticles as desired. Place foot in bath and repeat on the other foot. Use the GEHWOL Foot File to remove calluses.</td>
<td>1 ml, 1 ml</td>
</tr>
<tr>
<td><strong>Step 4:</strong> GEHWOL Bamboo Scrub</td>
<td>Apply small amount of GEHWOL Bamboo Scrub into wet palm, rub hands together and apply onto feet. Massage well to effectively exfoliate dry skin. Rinse thoroughly or use how wet towel to remove peel. Repeat on other hand.</td>
<td>2 ml</td>
</tr>
<tr>
<td><strong>Step 5:</strong> GEHWOL Herbal Lotion</td>
<td>Remove both feet from bath, pat dry. Spray Herbal Lotion onto legs and feet, let sit a minute to absorb, this will leave the skin feeling cool and refreshed. Apply GEHWOL Leg Vitality onto feet and just above the ankles 1 mm thick, place in a plastic bag and wrap with hot towels, leave on for 5 minutes. The cooling mask and the hot towels greatly complete each other, allowing the skin to absorb the essential oils in the mask. Remove towels and plastic bags. Do not remove mask.</td>
<td>1.5 ml</td>
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<tr>
<td>GEHWOL Leg Vitality (mask optional)</td>
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<td></td>
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<tr>
<td><strong>Step 6:</strong> Nail Care Oil</td>
<td>Apply Nail Care Oil to nail beds and cuticles for the healing, conditioning and protection of cuticles and nails.</td>
<td>On drop per nail to be treated</td>
</tr>
<tr>
<td><strong>Step 7:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Massage: GEHWOL Emulsion</td>
<td>Massage feet with GEHWOL Emulsion.</td>
<td>2 ml</td>
</tr>
<tr>
<td>• Salve for Cracked Skin</td>
<td>For other conditions use appropriate cream:</td>
<td>0.5 ml, 1 ml, 0.5 ml</td>
</tr>
<tr>
<td>• Callus Cream</td>
<td>GEHWOL Salve for Cracked Skin (for extremely dry and cracked skin)</td>
<td></td>
</tr>
<tr>
<td>• Lipidro Cream</td>
<td>GEHWOL Callus Cream (to soften calluses effectively)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>GEHWOL Lipidro Cream (heals dry skin and softens calluses)</td>
<td></td>
</tr>
<tr>
<td><strong>Step 8:</strong></td>
<td>Spray toenails and bottom of feet with GEHWOL Lotion, wipe and clean nails as needed. Apply polish or buff nails and then apply Foot powder to the bottom of the feet as an added safety to ensure clients won’t slip.</td>
<td>1 ml, 0.5 g</td>
</tr>
</tbody>
</table>

**GEHWOL USA** 2001 W Main Street, Suite 275. Stamford, CT 06902
Toll Free 1 (877) 373 7899 Tel (203) 541 8940 Fax (866) 280 5576 e-mail corporate@gehwolfootcare.com
Toenails are required to protect the toes. The GEHWOL Nail Repair System is the complete package for both manicure and pedicures. It consists of one-phase GEHWOL Nail Repair Gel, hardened by UV light, in any of three options: clear, pink and opal. Instantly, it will strengthen and regenerate brittle and weak nails. This offers sensitive toes the ultimate protection when a nail is lost.

**NAIL REPAIR TREATMENT**

Time varies depending on how many nails you are repairing and the severity of the repair.

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<tr>
<td><strong>Step 1:</strong> Prep Nails for Gel Treatment</td>
<td>It is imperative that the nail surface that is to be treated is free of pterygium (dead skin cells) and excess cuticle. File nail to desired shape and buff lightly to smooth and remove the shine from the nail.</td>
<td>As needed</td>
</tr>
<tr>
<td><strong>Step 2:</strong> GEHWOL Nail Repair Cleaner</td>
<td>Clean nails with GEHWOL Nail Repair Cleaner using lint free wipes. Let sit a minute to dry.</td>
<td>As needed</td>
</tr>
<tr>
<td><strong>Step 3:</strong> GEHWOL Nail Repair Gel: Clear, Pink or Opal</td>
<td>Apply a thin coat of the clear GEHWOL Nail Repair Gel to the nail directly from the tube (this serves as a filling base) and with a GEHWOL Modeling Brush you can direct the gel to desired areas is necessary (Making sure to avoid contact with the cuticle and skin). To match the natural color of the nail bed you can mix the opal or pink in with the clear for desired color (can be done directly on the nail). Cure under the UV light for 2 minutes. If needed, apply another thin layer of gel in the same manner and cure for 2 minutes.</td>
<td>As needed</td>
</tr>
<tr>
<td><strong>Step 4:</strong> GEHWOL Nail Repair Cleaner</td>
<td>After desired amount of gel is applied and cured, apply GEHWOL Nail Repair Cleaner onto a lint free wipe to remove excess gel residue</td>
<td>As needed</td>
</tr>
<tr>
<td><strong>Step 5:</strong> GEHWOL med Nail and Skin Protection Oil</td>
<td>To support the treatment, GEHWOL med Nail and Skin Protecting Oil should be applied twice a day and massaged into the surrounding areas of the nails that were treated. The products are designed to be used together.</td>
<td>As needed</td>
</tr>
</tbody>
</table>
# Gehwol

Everything for the well-being of the feet.

Foot and Lower Leg Healing and Revitalization Massage

Average Cost per treatment $ 2.00
75 minutes

This treatment revitalizes, while reducing muscle tension, soothing the nervous system, and helping heal tissue. Heavy, tired, or swollen legs and feet can benefit from improved circulation. This therapeutic, natural, and non-invasive treatment affects the flow of blood and lymph and includes a leisurely concentrated warm herbal bath, an invigorating bamboo scrub, and a replenishing warming mask and nurturing massage to trigger relaxation and generate a feeling of well being.

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</thead>
<tbody>
<tr>
<td><strong>Step 1:</strong> GEHWOL Herbal Bath</td>
<td>Prepare water using suggested amount of GEHWOL Herbal Bath. The bath contains Lavender, Rosemary and Mountain Pine Oils that will leave the feet cleansed and refreshed.</td>
<td>1 Teaspoon in a bowl of hot water</td>
</tr>
<tr>
<td><strong>Step 2:</strong> GEHWOL Lotion</td>
<td>Inspect and analyze the hands, spray GEHWOL Lotion on tops and bottoms of the feet, and in between toes to sanitize and disinfect. Soak in prepared GEHWOL Herbal Bath for 5 minutes.</td>
<td>1 ml</td>
</tr>
<tr>
<td><strong>Step 3:</strong> GEHWOL Bamboo Scrub</td>
<td>Apply small amount of GEHWOL Bamboo Scrub into wet palm, rub hands together and apply onto feet. Massage well to effectively exfoliate dry skin. Rinse thoroughly or use how wet towel to remove peel. Repeat on other hand.</td>
<td>3 ml</td>
</tr>
<tr>
<td><strong>Step 4:</strong> GEHWOL Herbal Lotion</td>
<td>Remove both feet from bath, pat dry. Spray Herbal Lotion onto legs and feet, let sit a minute to absorb, this will leave the skin feeling cool and refreshed. Apply GEHWOL Leg Vitality onto feet and just above the ankles 1 mm thick, place in a plastic bag and wrap with hot towels, leave on for 5 minutes. The cooling mask and the hot towels greatly complete each other, allowing the skin to absorb the essential oils in the mask. Remove towels and plastic bags. Do not remove mask.</td>
<td>1 ml 2 ml</td>
</tr>
<tr>
<td>• Salve for Cracked Skin</td>
<td>Apply GEHWOL Salve for Cracked Skin to the heels if needed. Massage the feet, then lower legs and calves (20 minutes each foot and leg) with GEHWOL Emulsion. For a little extra punch to your massage add GEHWOL Blue and/or GEHWOL Mint, this will help to relieve tired, achy feet and legs along with giving the client a cool and refreshing feeling.</td>
<td>0.5 ml 3 ml 0.5 ml 0.5 ml</td>
</tr>
<tr>
<td>• GEHWOL Emulsion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• GEHWOL Blue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• GEHWOL Mint</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Step 5:</strong> GEHWOL Shoe &amp; Foot Deodorant</td>
<td>Offer your client the use of GEHWOL Shoe and Foot Deodorant, lightly spray each shoe. Apply Foot Powder to the bottom of the feet as an added safety measure to ensure the client won’t slip.</td>
<td>1 ml 0.5 g</td>
</tr>
<tr>
<td><strong>Step 6:</strong> GEHWOL Foot Powder</td>
<td></td>
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</tr>
</tbody>
</table>

GEHWOL USA, 2001 W Main Street, Suite 275, Stamford, CT 06902
Toll Free 1 (877) 373 7899 Tel (203) 541 8940 Fax (866) 280 5576 e-mail corporate@gehwolfootcare.com
### Gehwol Products for Well-being of Feet

**Everything for the well-being of the feet.**

**Foot for Thought**

Average Cost per treatment $1.90

50 minutes

If you stand or walk throughout the day, chances are you have tired feet. This hydrating treatment will renew them with an intensive foot massage, exfoliation and herbal bath to get your blood flowing and vibrant bounce back in your step.

With a focus on the lower legs and feet, this authentic indigenous experience will restore energy depleted by environmental exposure while relaxing muscle tension, soreness and fatigue.

#### Products

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<td><strong>Step 2:</strong> GEHWOL Lotion</td>
<td>Inspect and analyze the hands, spray GEHWOL Lotion on tops and bottoms of the feet, and in between toes to sanitize and disinfect. Soak in prepared GEHWOL Herbal Bath for 5 minutes.</td>
<td>1 ml</td>
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<tr>
<td><strong>Step 3:</strong> GEHWOL Bamboo Scrub</td>
<td>Apply small amount of GEHWOL Bamboo Scrub into wet palm, rub hands together and apply to wet feet and lower leg, massage well to effectively exfoliate dry skin and promote circulation (5 min. per foot/leg). Rinse thoroughly or use how wet towel to remove peel. Repeat on other hand.</td>
<td>3 ml</td>
</tr>
<tr>
<td><strong>Step 4:</strong> GEHWOL Herbal Lotion GEHWOL Leg Vitality (mask)</td>
<td>Remove both feet from bath, pat dry. Spray Herbal Lotion onto legs and feet, let sit a minute to absorb, this will leave the skin feeling cool and refreshed. Apply GEHWOL Leg Vitality onto feet and just above the ankles 1 mm thick, place in a plastic bag and wrap with hot towels, leave on for 5 minutes. The cooling mask and the hot towels greatly complete each other, allowing the skin to absorb the essential oils in the mask. Remove towels and plastic bags. Do not remove mask.</td>
<td>1 ml 2 ml</td>
</tr>
<tr>
<td><strong>Step 5:</strong></td>
<td>Massage the feet, then lower legs and calves (20 minutes each foot and leg) with GEHWOL Emulsion. For a little extra punch to your massage add GEHWOL Blue and/or GEHWOL Mint, this will help to relieve tired, achy feet and legs along with giving the client a cool and refreshing feeling.</td>
<td>3 ml 0.5 ml 0.5 ml</td>
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<tr>
<td>• GEHWOL Emulsion</td>
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<td>• GEHWOL Blue</td>
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<td>• GEHWOL Mint</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Step 6:</strong> GEHWOL Shoe &amp; Foot Deodorant GEHWOL Foot Powder</td>
<td>Offer your client the use of GEHWOL Shoe and Foot Deodorant, lightly spray each shoe. Apply Foot Powder to the bottom of the feet as an added safety measure to ensure the client won’t slip.</td>
<td>1 ml 0.5 g</td>
</tr>
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</table>
For the feet that are always on the run, this quick treatment will revive your legs so they can go even faster.
It works by relieving tension accumulated in the leg muscle with a foot soak in a warm, uplifting herbal bath followed by a triple massage focused on lower calves, ankles and feet. This time-saving massage is focused and effective.

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<td>Prepare water using suggested amount of GEHWOL Herbal Bath. The bath contains Lavender, Rosemary and Mountain Pine Oils that will leave the feet cleansed and refreshed.</td>
<td>1 Teaspoon in a bowl of hot water</td>
</tr>
<tr>
<td>Step 2: GEHWOL Lotion</td>
<td>Inspect and analyze the hands, spray GEHWOL Lotion on tops and bottoms of the feet, and in between toes to sanitize and disinfect. Soak in prepared GEHWOL Herbal Bath for 5 minutes.</td>
<td>1 ml</td>
</tr>
<tr>
<td>Step 3: GEHWOL Herbal Lotion</td>
<td>Remove both feet from bath, pat dry. Spray Herbal Lotion onto legs and feet, let sit a minute to absorb, this will leave the skin feeling cool and refreshed. Apply GEHWOL Leg Vitality onto feet and just above the ankles 1 mm thick, place in a plastic bag and wrap with hot towels, leave on for 5 minutes. The cooling mask and the hot towels greatly complete each other, allowing the skin to absorb the essential oils in the mask. Remove towels and plastic bags. Do not remove mask.</td>
<td>1 ml 2 ml</td>
</tr>
<tr>
<td>GEHWOL Leg Vitality (mask)</td>
<td></td>
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<tr>
<td>Step 4: • GEHWOL Emulsion</td>
<td>Massage the feet, then lower legs and calves (20 minutes each foot and leg) with GEHWOL Emulsion. For a little extra punch to your massage add GEHWOL Blue and/or GEHWOL Mint, this will help to relieve tired, achy feet and legs along with giving the client a cool and refreshing feeling.</td>
<td>3 ml 0.5 ml 0.5 ml</td>
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<td></td>
</tr>
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<td>• GEHWOL Mint</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Step 5: GEHWOL Shoe &amp; Foot</td>
<td>Offer your client the use of GEHWOL Shoe and Foot Deodorant, lightly spray each shoe. Apply Foot Powder to the bottom of the feet as an added safety measure to ensure the client won’t slip.</td>
<td>1 ml 0.5 g</td>
</tr>
<tr>
<td>Deodorant</td>
<td></td>
<td></td>
</tr>
<tr>
<td>GEHWOL Foot Powder</td>
<td></td>
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</table>
Restore the body’s energy flow and start its own healing process with Reflexology—flex points in the feet that relate to pressure points in the body. The reflexology massage starts with a warm herbal bath for your feet, followed by an effective exfoliation that enhances circulation and reveals smoother, healthier skin and ends with a healing pressure point massage, targeting areas of the body where tensions are held, bringing it back to a balanced state of wellness.

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<td>1 Teaspoon in a bowl of hot water</td>
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<td><strong>Step 2:</strong> GEHWOL Lotion</td>
<td>Inspect and analyze the hands, spray GEHWOL Lotion on tops and bottoms of the feet, and in between toes to sanitize and disinfect. Soak in prepared GEHWOL Herbal Bath for 5 minutes.</td>
<td>1 ml</td>
</tr>
<tr>
<td><strong>Step 3:</strong> GEHWOL Bamboo Scrub</td>
<td>Apply small amount of GEHWOL Bamboo Scrub into wet palm, rub hands together and apply to wet feet and lower leg, massage well to effectively exfoliate dry skin and promote circulation (5 min. per foot/leg). Rinse thoroughly or use how wet towel to remove peel. Repeat on other hand.</td>
<td>3 ml</td>
</tr>
<tr>
<td><strong>Step 4:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• GEHWOL Emulsion</td>
<td>Massage the feet (15 Minutes each foot) with GEHWOL Emulsion. If more moisture is wanted, you can add GEHWOL Hydrolipid Lotion. When done, wrap foot in a warm towel to keep it warm.</td>
<td>3 ml 0.5 ml</td>
</tr>
<tr>
<td>• GEHWOL Hydrolipid Lotion</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Step 5:</strong> GEHWOL Foot Powder</td>
<td>Apply GEHWOL Foot Powder to the bottom of the feet as an added safety measure to ensure clients won’t slip.</td>
<td>0.5 g</td>
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A soothing massage is not only good for relaxation, it can also improve your overall health. In addition to increasing relaxation and decreasing anxiety; therapeutic massages relieve stress, reduce headaches, increase flexibility, regulate blood pressure, and increase circulation.

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<tr>
<td><strong>Step 1:</strong> GEHWOL Herbal Bath</td>
<td>Prepare water using suggested amount of GEHWOL Herbal Bath, which contains Lavender, Rosemary and Mountain Pine Oils that will leave the feet cleansed and refreshed. Indulge your client, letting them relax in the prepared Herbal Bath for 5 minutes. Remove feet from bath, pat dry and inform the client you will step out of the room; giving them privacy to undress and lay on the massage table, face down, underneath the sheet. Once the client is prepared, return to the room to begin the massage. The Herbal Baths natural essential oils stimulate the metabolism and encourage blood flow. Oil of thyme has an antiseptic and deodorizing effect.</td>
<td>1 Teaspoon in a bowl of hot water</td>
</tr>
<tr>
<td>Or GEHWOL Herbal Lotion</td>
<td>Spray GEHWOL Herbal Lotion on the tops and bottoms of the feet and between the toes. The Herbal Lotion contains Lavender, Rosemary and Mountain Pine Oils, providing a refreshed sensation and deodorizing effect.</td>
<td>1 ml per foot</td>
</tr>
<tr>
<td><strong>Step 2:</strong> GEHWOL Emulsion</td>
<td>Begin massage at the neck and shoulders using GEHWOL Emulsion massage lotion. Continue onto the upper and lower parts of the back, and the gluts—if desired by the client. Massage client for about 20 minutes. The Emulsion cream hydrates and remains in the skin, allowing extensive and pleasant body massage. Skin friendly lipids and propylene glycol make the skin smooth. Cooling menthol, the invigorating oils of rosemary, and camphor improve circulation and create a feeling of well-being.</td>
<td>4 ml</td>
</tr>
<tr>
<td><strong>Step 3:</strong> GEHWOL Emulsion</td>
<td>Massage first leg with the GEHWOL Emulsion for 5 minutes. Stretch leg, repeat procedure on other leg. Then you will have your client turn over onto their back to continue the massage on the legs. Massage first leg for 2 minutes and then apply GEHWOL Leg Vitality to the feet and ankle area as a mask, 1 mm thick, place feet in plastic bag and wrap them in a warm towel. Repeat the procedure on the other leg. Go back to the first leg, remove the towel and bag—do not remove the mask. Perform reflexology on foot and ankle for 3-4 minutes. Wipe off any excess product with the towel. Repeat the same procedure on the other leg. With regular application of Leg Vitality, rough skin becomes smooth and elastic, skin discoloration is prevented and the appearance of the skin is improved. Valuable avocado oil provides intensive care. Allantoin, as on of the active substances derived from horse chestnut, promotes healing. Bisabolol, the main active ingredient of chamomile oil, has a beneficial effect and makes tired and rough skin smoother.</td>
<td>2 ml per leg</td>
</tr>
<tr>
<td>GEHWOL Leg Vitality mask</td>
<td>P.s. Warm booties could also be used instead of warm towels.</td>
<td></td>
</tr>
<tr>
<td><strong>Step 4:</strong> GEHWOL Emulsion</td>
<td>Massage both arms and hands for about 8 minutes using GEHWOL Emulsion Lotion.</td>
<td>2 ml per arm</td>
</tr>
<tr>
<td><strong>Step 5:</strong> Completion of Massage</td>
<td>Finish the massage with stretching the neck for 2 minutes and a head and cranial sacral massage. Apply GEHWOL Foot Powder to the bottom of the feet as an added safety measure to ensure the client won’t slip. GEHWOL Foot Powder helps keep feet dry by absorbing sweat. Talcum and tapioca starch make the skin feel pleasantly smooth. Zinc oxide also lends skin a pleasant feel and has antiseptic properties.</td>
<td>0.5 g</td>
</tr>
</tbody>
</table>
Cream Bases

Eudermic, protective and cleansing oil-in-water emulsions which are easily absorbed by the skin.

Avocado Oil
The oil is rich with active ingredients is particularly mild, and smoothens the skin. It is quickly absorbed by the skin and especially good for dry and scaly skin.

Jojoba Oil
Skin caring oil. Produces a silky and soft sensation, is quickly absorbed by the skin and maintains the elasticity and smoothness of the skin.

Lanolin
A substance similar to derma fat with excellent cleansing properties, with vitamin D. Lanolin is only in specially marked GEHWOL® products.

Med. Special Soaps
Osmotically active against the formation of blisters. Strengthens the skin and maintains its elasticity, normalizes perspiration.

Natural Fats
Maintain smoothness and elasticity of the skin, prevent callus formation and cracking of the skin. They are used as a basis for most preparations.

Wheat Germ Oil
Vitamin-rich oil that smoothens the skin and strengthens the nails.

GEHWOL Active Ingredients

Algae Extract
Promotes blood circulation of the skin, vitalizes and prevents wrinkles. It influences the moisture balance of the skin positively, calluses become smoother.

Allantoin
An ingredient of the horse chestnut, promotes healing.

Farnesol
Known as a natural deodorant without side effects, prevents the development of foot odor through bacteriostatic action.

Hamamelis Extract
Strengthens blood vessels, has a styptic effect and promotes granulation.

Ginger Extract
Stimulates the thermal receptors, provides warmth for the feet.

Chamomile-based ingredients
Such as azulene and bisabolene, promote healing and have an anti-inflammatory and disinfectant effect.

Camphor
Is absorbed excellently by the skin in combination with vegetable oils, promotes circulation and metabolism.

Manuka Oil
The oil from the leaves of the manuka bush, distinct for its tart odor, has proven itself in dermatological tests to be very appropriate for foot hygiene, due to its caring effect on the skin and its broad spectrum efficiency against bacteria and fungi.

Menthol
A component of the peppermint oil. Has a cooling, refreshing, deodorizing, antipruritic and bactericidal effect.
**Panthenol**
Provitamin B5, with distinct promotion of the healing process, accelerates cellular growth.

**Paprika Extract**
Stimulates the thermo-receptors of the skin and thus causes a warming sensation.

**Sallow Thorn Oil**
Has a high amount of unsaturated fatty acids and vitamins. It has a caring and regenerating effect on the skin and a general anti-inflammatory effect.

**Urea (carbamide)**
Due to its special skin-caring properties it has been used with great success in medical and cosmetic preparations. This highly compatible substance, which is produced by the body itself, has a bactericidal, antipruritic effect and smoothens callus. The moisture balance of the skin is optimally regulated.

**Vitamin E Acetate**
Protects the skin against premature aging.

**Vitamin E Nicotinate**
Promotes circulation of the skin and thus warms it.

**Zinc Oxide**
Is a well tried active ingredient for the care of sensitive skin, with antimicrobial, slightly styptic and skin protecting effects. Through the special activation method used, the action against many skin germs, that decompose perspiration, could vastly be improved.

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**Natural Essential Oils**

**Mountain Pine Oil**
Refreshing and revitalizing, with a disinfecting and deodorizing effect

**Citronella Oil**
Has a strong antiseptic, refreshing, stimulating and healing effect

**Eucalyptus Oil**
Increases activity, is antiseptic and promotes wound healing.

**Lavender Oil**
Has a soothing effect, promotes healing and gives comfort. Disinfecting

**Mint Oil**
Has a cooling and refreshing effect, is antimicrobial and antipuritic, antispasmodic and tonicising.

**Rosemary Oil**
Bactericidal, revitalizing, increases well-being, activates and promotes circulation.

**Thyme Oil**
Strong disinfecting effect, increases activity
Deodorizer, Antibacterial & Antifungal Ingredients

**Climbazole** is a topical antifungal chemical, commonly used in the treatment of human fungal skin infections like dandruff and eczema. Its chemical structure and properties are similar to other fungicides like ketoconazole and miconazole. It is most commonly found as an active ingredient in OTC anti-dandruff and anti-fungal products, including shampoos, lotions and conditioners. It may be accompanied by other active ingredients like zinc pyrithione or triclosan.

**Clotrimazole** a broad spectrum antifungal agent used for the treatment of skin infections ranging from toenail fungus to athlete’s foot and ringworm. It is easily available as an over-the-counter drug, usually in the form of a cream or lotion. It treats fungi by stopping and inhibiting the growth of the membranes that surround the fungal cells. This results in the weakening of the sensitive fungal cell, which makes the cell content leak out, ultimately leading to the death of the fungus.

**Chloroxylenol (4-chloro-3.5-dimethylphenol)** is a chemical compound that is commonly used in antibacterial soaps. Studies have shown a low antimicrobial activity, which is enhanced by additives. Its antibacterial action is due to disruption of cell membrane potentials. [2]

**Farnesol** is a natural organic compound which is an acyclic sesquiterpene alcohol found as a colorless liquid. It is insoluble in water, but miscible with oils. Farnesol is present in many essential oils such as citronella, neroli, cyclamen, lemon grass, tuberose, rose, musk, balsam and tolu. It is used in perfumery to emphasize the odors of sweet floral perfumes. Its method of action for enhancing perfume scent is as a co-solvent that regulates the volatility of the odorants. Farnesol is a natural pesticide for mites and is a pheromone for several other insects.

**Triclosan** This organic compound is a white powdered solid with a slight aromatic/phenolic odor. Triclosan is an ingredient added to many consumer products to reduce or prevent bacterial contamination. It may be found in products such as clothing, kitchenware, furniture, and toys. It also may be added to antibacterial soaps and body washes, toothpastes, and some cosmetics - products regulated by the U.S. Food and Drug Administration. (FDA)

**Undecylenic Acid for Nail Fungus**

Medication - Toenail Fungus Medication

**General Overview**

Undecylenic acid has been FDA approved as an over-the-counter treatment for nail fungus. It is also the active ingredient in medications to treat skin conditions like psoriasis and athlete’s foot, and can relieve irritation and itching that can come with a nail fungus. The main ingredient naturally has anti-inflammatory properties that help soothe the area around the nail if it is irritated or damaged slightly.

**How it Works**

Undecylenic acid is a natural fatty acid derived from castor oil. It is a natural antifungal and it is used in many different products besides a cure for nail fungus, such as perfume, cosmetics, acne medication, and anti-dandruff shampoos. The oil is extracted from the bean and cold-pressed, which renders it odorless and tasteless. The molecule size of Undecylenic acid is small enough to penetrate the skin instead of staying on the surface, which is one reason why it is effective as an antifungal treatment.

**How to Use**

After using Undecylenic acid products consistently, you should see some improvement within four to six weeks, when your nail begins to grow in healthy.

**User Experiences**

Users of Undecylenic acid report that consistent use and patience is key to making this treatment work – more than a few months of daily treatment is necessary to see results, and the nail should start to grow back in healthy within a few weeks. Users also report having to cut the infected nail very short so the liquid can penetrate the infected area. Some also report that it is more effective on athlete’s foot than on a nail fungus, but it varies by individual.