

## DO YOU SUFFER FROM ACHES & PAINS?

Effective Treatment from a Local,  
Experienced Osteopath

- Back ache
- Neck pain, arm pain, leg pain/sciatica
- Headaches
- Nerve pain, pins and needles, tingling
- Shoulder problems, injuries, stiffness
- Knee problems
- Arthritis, stiff joints
- Sports Injuries
- Whiplash
- Pregnancy-related aches and pains
- Tension / tight muscles
- Repetitive Strain Injuries
- Work-related strains/injuries

Accepted by most Insurance Schemes.

Rachel also runs Yoga classes in Belper.

Rachel Jennings BSc Hons,  
**Kilburn Osteopaths**

2 Northfield, Kilburn, Belper DE56 0LW  
Tel: 01332 780580  
[www.kilburnosteopaths.co.uk](http://www.kilburnosteopaths.co.uk)

## MOBILE MANICURE NAIL ART & NAIL EXTENSIONS

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## FINGERS 'N' THUMBS

Phone Alison on 07800 779 352  
email: [fingers-n-thumbs@fsmail.net](mailto:fingers-n-thumbs@fsmail.net)



Peter Waugh DipCFHP, Mps Pract.  
Home Visiting Foot Health Practitioner

Reliable, professional foot treatment  
in the comfort of your own home.

Corns  
Hard skin  
Cracked heels  
Ingrown nails  
Heel pain  
Diabetic care  
Hard to cut nails

Whatever your foot problems, I can help.

Why suffer with painful feet?

Make your appointment now.

Call 01332 883345 or 07969 566395

I visit the whole of Amber Valley.

Home visits only £19.00

## FOOTNOTE

My feet are really sore.

This is the most common reason people give when I ask why they have contacted me for help. The most common causes of soreness turn out to be hard skin or corns or, more usually a combination of the two. Hard skin is the body's way of protecting the foot from pressure and friction. Unfortunately, when too much skin is produced it actually makes the problem worse by increasing the pressure on the affected area until a tiny piece of skin is under so much pressure that the blood supply is cut off and it dies. This is when it becomes a corn and becomes very painful. The body then decides to produce more hard skin to protect you from the pain and from then on it's just a nasty vicious circle.

The only way to give relief from corn pain is by removing the excess dead skin to relieve the pressure on the corn and, if possible, allowing healthy skin to re-grow. Maintenance from then on depends on the site of the corn and can be padding or silicon protectors. The reality is that in most cases they will need periodic treatment to keep them under control unless we can take away the cause of the pressure which, I'm sad to say, is often difficult or impossible in the case of long standing problems. However, the good news is that regular care can keep you comfortable, and many people are kept totally pain free between treatments.

Take care. Peter Waugh (Amber Feet)

