

## 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

Give your hands & nails the pampering they deserve in the comfort of your own home. They will appreciate it after all the hard work they do.

Shape & Polish  
from £7.00

Nail Art  
from £5.50  
(Gems from 40p each)

Childrens & Adult Nail Parties  
catered for. Prices from just £5

Manicures from £10.50

UV Gel & Acrylic Nail  
Extensions from £36.50

3D Gel Designs from £5.25



**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

## Foot Notes - My first appointment - what can I expect?

Many people who have never had a home visit from a foot care professional are a little unsure what to expect on the first appointment, so I will try to give a little guidance and take the mystery out of it all.



Firstly, don't worry about providing anything as I come equipped with everything I need to carry out your treatment, which can be carried out anywhere you feel comfortable. The only thing I ask is that we can put on a light if it's not an area with much daylight. It has to be said, with the dull weather we've experienced this summer that could be necessary just about anywhere!

I will begin by taking a brief medical history (including details of any medications you may be taking) to make sure that I have a thorough understanding of your health. This gives pointers to any symptoms you may be experiencing, and also allows me to decide which treatments would be most suitable for you.

I will then examine your feet and, depending on your medical history, may test the pulses in your feet and carry out a painless sensitivity test to ensure that everything is as it should be. The main purpose of the examination is to evaluate anything which is causing you any discomfort.

I will then discuss with you what remedial steps we can take to deal with any particular problems you may have and, assuming you're happy to proceed, I will provide the necessary treatment. Once I've finished the treatment I will just need somewhere to wash my hands.

Take care, Peter Waugh (Amber Feet)