



Farewell to 2018

Well what happened to 2018?! It has disappeared very fast (and faster as I get older).

We have seen a lot of changes this year, with changes in Prime Ministers like it is a chook raffle, natural disasters, too many shootings in the United States to count and people addicted to their phones that local councils have to put up signs to tell people to get off their phones when they are walking.

Although we have seen incredible changes over the last 20 years, even

100 years, the fundamentals do not change. And that is connection. We all need some connection, like family and friends, work colleagues, sports colleagues, even drinking buddies. We all need to be connected to other human beings. That is what I think Christmas is all about. Yes it has religious implications, but it is an opportunity to thank and appreciate all the people who are dear to you.

To all my incredible SPC team members, and my wonderful clients, THANK YOU for putting your trust in us for 2018, and we wish you all a Merry Christmas and Wonderful 2019. Luv Narelle

How To Give Yourself a Pedicure

With the Christmas season upon us, sometimes the finances are a bit restricted for a paid pedicure. So here are some hints to do this for yourself.

Pedicures have been around for over 4,000 years. Even the Ancient Egyptians used to colour their nails to show their social hierarchy, with Cleopatra's red nails showing the highest social class.

For many modern people, a salon pedicure is a weekly necessity. For others, it may just be an occasional

treat. Either way, a salon pedicure or even just a home pedicure is a great way to relax and pamper yourself while ensuring the health of your feet. That's why the pedicure is steadily growing in popularity for both women and men all over the world.

Here are the steps to giving yourself a home pedicure like a pro:

- If you have old nail polish, remove it with a cotton ball soaked in nail polish remover.

Weird Facts

- A woman's arthritic pains will almost always disappear when she becomes pregnant
- Pigs get sunburnt
- The average cob of corn has eight hundred kernels arranged in sixteen rows

**“Anyone who keeps
the ability to see
beauty never grows
old.”**

Franz Kafka





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“At Sutherland Podiatry Centre we only have one goal, which is to have our clients walk out the door delighted!”

How To Give Yourself A Pedicure (2)



- After the old polish is gone, proceed to soak your feet in a basin of warm water for 10 minutes. There are many commercial foot soaks available, but even plain warm water is enough to soften the dead skin cells on your feet to make them easier to remove. This is important because dead skin cells and calluses can cause dry, cracked heels.
- Use an exfoliating body or foot scrub, foot file, or pumice stone to rub away dead skin on your heels and on the balls of your feet.
- Do NOT push your cuticles back or remove your cuticles with a cuticle nipper as this can promote the entry of bacteria.
- Cut your nails straight across, and use a file on the corners to get a nice, rounded shape. You should avoid clipping the sides of your nails, which can cause ingrown toenails.
- Clean the bottom of your nails with a manicure stick. This removes some leftover dirt which can cause foot odor.
- Finally, dry your feet completely, then moisturise with a lotion or foot cream.

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CHRISTMAS SALE

2 For 1 Offer On Our Signature Peppermint Foot Cream

Valued at \$26.00
But hurry Sale ends 21st December or until stocks last.