



# saicara



professional care

PRODUCT CATALOGUE

# CONTENT



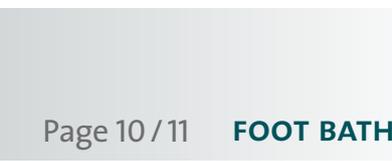
Page 4 **SYSTEM CARE FOR THE FOOT**



Page 6 **SOFT SKIN, HEALTHY NAILS**



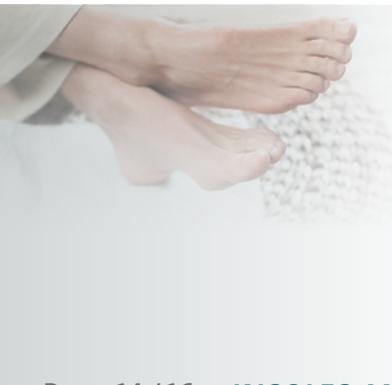
Page 8 **FRESHNESS FOR THE WHOLE BODY**



Page 10 / 11 **FOOT BATHS / COMFY AND CONVENIENT**



Page 12 **COUNTERTOP DISPLAYS**



Page 14 / 16 **INSOLES AND FOOT COMFORT**



Page 18 **INFORMATION  
PROFESSIONAL FOOT COMFORT**

|           |             |
|-----------|-------------|
| FOOT BALM |             |
| FOOT SOFT | FOOT REPAIR |

|             |           |
|-------------|-----------|
| FOOT BUTTER | NAIL OIL  |
| PEELING     | HAND BALM |

|              |             |
|--------------|-------------|
| FRESH & SILK | BODY MOUSSE |
| FIZZY GEL    | BODY SHOWER |

|                  |             |
|------------------|-------------|
| FOOT BATH ENERGY | MOLLY'S     |
| FOOT BATH RELAX  | SNEAKER SOX |

|                |              |
|----------------|--------------|
|                | MIX I        |
| LARGE          | MIX II       |
| FOR 150ML CANS | FRESH & SILK |

|                |            |
|----------------|------------|
|                | RELAX PLUS |
| ALLDAY COMFORT | RELAX      |
| ALLDAY         | WEEKEND    |

|           |             |
|-----------|-------------|
| BALANCE   | SECRET      |
| SOFT STEP | EASY STEP   |
| SYNCRO    | FOOT SPONGE |

 Basic care

 Active care

 Intensive care

 Special care

 Insoles and foot comfort

*We reserve the right to make alterations to the range listed in this catalogue. Please refer to the current price list or order form for current information, which also includes a summary of all saicara presentation and advertising materials.*



# saicara

professional care

## FOOT COMFORT AND CARE

Revitalising and relaxing the skin – our high-quality patented formulas contain concentrated active agents, precious oils, and vitamins. We have developed our formulas in close consultation with skin specialists towards treating the most common skin problems that your feet might encounter. Our products provide care and protection for the skin, and our hand and body care products round off our range at saicara. All of our products are dermatologically tested, low in grease, and suitable for diabetics.

Professional Foot Comfort by saicara combines thorough know-how on everything to do with the foot with the best materials and workmanship available in an intelligent product range. Insoles, footbeds and selected comfort products help relieve the feet, and therefore also the entire musculoskeletal system. All of our products have been developed in consultation with experts and physicians to promote health and provide relief for individually shaped feet.

Whether in the chiropodist's office or at home, saicara has an ideal care product for every skin type and the appropriate insole for every need – for a holistic sense of well-being.

# SYSTEM CARE FOR THE FOOT



## FOOT BALM

### LIGHT FOOT LOTION WITH SHEA BUTTER

- A light, nourishing lotion for daily basic care
- Contains shea butter, aloe vera, allantoin, provitamin B5, and vitamin E
- Provides the skin with nutrients and moisture
- Leaves the skin on your feet feeling soft and silky smooth
- Absorbs quickly into the skin without greasing

**No artificial dyes or parabens.**

100 ml tube Article no. 7201003 · PU: 12 pcs

500 ml can Article no. 7201030 · PU: 6 pcs

Dispenser Article no. 7201051

**INGREDIENTS:** Aqua, Glycerin, Octyldodecanol, Cetearyl Alcohol, Butyrospermum Parkii Butter, Simmondsia Chinensis Seed Oil, Glyceryl Stearate, Betaine, Phenoxyethanol, Tocopheryl Acetate, Panthenol, Lavandula Angustifolia Flower Extract, Propylene Glycol, Sodium Cetearyl Sulfate, Tocopherol, Aloe Barbadensis Leaf Extract, Sodium Acrylates Copolymer, Caprylic/Capric Triglyceride, Allantoin, Parfum, Xanthan Gum, Dehydroacetic Acid, Hydrogenated Palm Glycerides Citrate, Benzyl Alcohol, Potassium Sorbate, Sodium Benzoate, Linalool, Coumarin, Limonene.



## FOOT SOFT

### CALLUS REDUCTION CARE CREAM WITH 4% UREA

- Light, nourishing reduction cream against calluses – active care for worn-out feet
- Contains allantoin, provitamin B5, vitamin E, 4% urea, and 0.5% salicylic acid
- Reduction in calluses that you can feel after regular use; helps prevent new calluses
- Provides your skin with moisture for a comfortable feeling of softness
- Promotes the skin's own healing processes
- Ideal for callused nails
- Does not grease

**No artificial dyes or parabens.**

100 ml tube Article no. 7201006 · PU: 12 pcs

500 ml can Article no. 7201032 · PU: 6 pcs

Dispenser Article no. 7201051

**INGREDIENTS:** Aqua, Cetearyl Alcohol, Petrolatum, Octyldodecanol, Glycerin, Urea, Glyceryl Stearate, Tocopheryl Acetate, Phenoxyethanol, Panthenol, Propolis Extract, Bisabolol, Sodium Cetearyl Sulfate, Salicylic Acid, Allantoin, Lactic Acid, Sodium Acrylates Copolymer, Caprylic/Capric Triglyceride, Benzoic Acid, Parfum, Propylene Glycol, Potassium Sorbate.

Container includes a screw-on lid but no dispenser.  
Please order the dispenser separately

## PROFESSIONAL CARE WITH RED-AMBER-GREEN COLOUR CODING

Convenient red-amber-green colour coding on saicara products gives you an instant guide as to the type of care in each product.



**Intensive care** moisturises dry and cracked skin, strengthening the skin barrier and giving you more intensive care for worn-out skin.



**Active care** products reduce calluses and/or help prevent or alleviate minor to medium skin problems with regular application, keeping your skin comfortably soft.



**Basic care** gives you light and gentle care for normal skin and irresistibly beautiful, well-groomed feet – every day.

### INTENSIVE FOOT CARE WITH 10% UREA AGAINST HARD, CRACKED SKIN

- High-quality intensive care for sensitive, tired or cracked feet
- Contains 10% urea, evening primrose oil, echinacea and horse chestnut extract, allantoin, and provitamin B5
- Nourishes and rejuvenates the skin
- Strengthens the skin barrier and helps prevent dry skin
- Relieves scaly and cracked skin while helping prevent new pressure points
- Gently relieves itching
- Leaves your skin comfortable, smooth, and soft
- Absorbs quickly into the skin without greasing

**No artificial dyes or parabens.**

|             |                                  |
|-------------|----------------------------------|
| 30 ml tube  | Article no. 7201095 · PU: 20 pcs |
| 100 ml tube | Article no. 7201010 · PU: 12 pcs |
| 500 ml can  | Article no. 7201031 · PU: 6 pcs  |
| Dispenser   | Article no. 7201051              |

**INGREDIENTS:** Aqua, Urea, Glycerin, Glyceryl Stearate Se, Cetyl Alcohol, Hexyldecanol, Hexyldecyl Laurate, Oenothera Biennis Oil, Phenoxyethanol, Aesculus Hippocastanum Seed Extract, Panthenol, Propylene Glycol, Echinacea Purpurea Extract, Allantoin, Parfum, Dehydroacetic Acid, Lactic Acid, Tocopherol, Hydrogenated Palm Glycerides Citrate, Farnesol, Potassium Sorbate, Benzyl Alcohol, Sodium Benzoate.



**FOOT REPAIR**

# SOFT SKIN, HEALTHY NAILS



## FOOT BUTTER

### RICH FOOT BUTTER WITH AVOCADO OIL

- Foot butter for intensive care and nourishment – basic care for skin with a tendency towards dryness
- Contains avocado oil, jojoba oil, mango seed butter, provitamin B5, vitamin E, and allantoin
- Soothes the skin and relieves inflammation, promoting the skin's own healing processes
- Stimulating and invigorating
- Ideal for foot masks, and after leg depilation or shaving
- Leaves the skin on your feet feeling soft and silky smooth
- Does not grease; pleasant aroma, ultra-soft texture

**No artificial dyes or parabens.**

200 ml jar Article no. 7201004 · PU: 12 pcs

**INGREDIENTS:** Aqua, Petrolatum, Glyceryl Stearate Se, Cocos Nucifera Oil, Glycerin, Glyceryl Stearate, Persea Gratissima Oil, Simmondsia Chinensis Seed Oil, Mangifera Indica Seed Butter, Phenoxyethanol, Cera Alba, Tocopheryl Acetate, Propylene Glycol, Panthenol, Mangifera Indica Fruit Extract, Bisabolol, Tocopherol, Sodium Benzoate, Parfum, Allantoin, Lactic Acid, Hydrogenated Palm Glycerides Citrate, Farnesol, Benzyl Alcohol, Potassium Sorbate.



## PEELING

### SOFT PEELING WITH LEMON AND RICE GRAIN OIL

- Comfortable peeling cream for effective, yet gentle care
- Contains lactic and fruit acids, rice bran oil, allantoin, lemon extract, and pumice as natural peeling particles
- Removes small flakes of skin
- Soothes and moisturises
- Disinfects and relieves inflammation
- Also ideal for elbows and hands

**No artificial dyes or parabens.**

100 ml tube Article no. 7201005 · PU: 12 pcs

**INGREDIENTS:** Aqua, Pumice, Glycerin, Cetearyl Alcohol, Glyceryl Stearate, Oryza Sativa Bran Oil, Kaolin, Petrolatum, Hexyldecanol, Hexyldecyl Laurate, Phenoxyethanol, Bisabolol, Sodium Lactate, Tocopheryl Acetate, Sodium Benzoate, Citrus Limon Peel Extract, Allantoin, Parfum, Titanium Dioxide, Potassium Sorbate, Benzyl Alcohol, Sodium Cetearyl Sulfate, Limonene, Linalool, Citronellol.

## FOR BRITTLE AND SENSITIVE NAILS

- Nourishes and smooths your nails with precious oils
- Camellia, cherry, sunflower and bisabolol oils promote nail growth
- Cajeput, eucalyptus and sage oils reinforce and protect your nails against environmental damage
- Prevents fungal nail infections

**No artificial dyes or parabens.**

15 ml glass bottle with dropper Article no. 7201037 · PU: 12 pcs

**INGREDIENTS:** Isopropyl Palmitate, Helianthus Annuus Hybrid Oil, Camellia Japonica Seed Oil, Prunus Avium (Sweet Cherry) Seed Oil, Tocopheryl Acetate, Melaleuca Leucadendron Cajeputi Oil, Eucalyptus Globulus Leaf Oil, Bisabolol, Salvia Officinalis Herb Oil, Geraniol, Limonene, Linalool.



**NAIL OIL**

## HAND CARE LOTION WITH OLIVE OIL

- Fast-absorbing hand lotion – ideal for tired skin
- Contains olive oil, macadamia nut oil, panthenol, and keratin
- Nourishes, protects, and maintains your skin's natural elasticity
- Strengthens the nails

**No artificial dyes or parabens.**

30 ml tube Article no. 7201096 · PU: 100 pcs

75 ml tube Article no. 7201042 · PU: 12 pcs

**INGREDIENTS:** Aqua, Pentylene Glicol, Hydrogenated Olive Oil, Sorbitan Stearate, Olea Europaea Oil, Cetyl Alcohol, Macadamia Ternifolia Seed Oil, Propylheptyl Caprylate, Methyl Glucose Sesquistearate, Tocopheryl Acetate, Panthenol, Palmitic Acid, Stearic Acid, Cera Alba, Parfum, Ethylhexylglycerin, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Allantoin, Sodium Hydroxide, Hydrolyzed Keratin, Hydrogenated Palm Glycerides Citrate, Tocopherol.



**HAND BALM**

# FRESHNESS FOR THE WHOLE BODY



## FRESH & SILK

### FRICTION-RELIEVING FOOT SPRAY WITH DEODORANT PROTECTION

- Refreshing protective spray for every day
- Contains real silk proteins and active agents to reduce friction
- Protects against friction in your shoes – with or without socks or stockings
- Keeps your feet comfortable, dry and fresh
- Reliable freshness lasting 24 hours
- Inhibits bacteria and fungi
- Ideal for sports
- Includes an attractive counter display

**No artificial dyes, aluminium salts, or parabens.**

100 ml spray Article no. 7201038 · PU: 12 pcs

Please note that we supply a different version of this product to shoe retailers.

**INGREDIENTS:** Butane, Alcohol denat., Propane, Aqua, Isobutane, Bis - PEG/PPG - 20/20 Dimethicone, Propylene Glycol, Farnesol, Triethyl Citrate, Ethyl Ester of Hydrolyzed Silk, Parfum, Hexylcinnamal, Citronellol, Coumarin, Butylphenyl Methylpropional, Limonene, Alpha-Isomethyl Ionone.



## FIZZY GEL

### INVIGORATING, MOISTURISING COLD FOAM GEL

- Fast absorbing cold foam with fizz
- Contains sodium PCA and undecylenamide DEA as naturally found in the skin
- A cool, fresh experience for the body, neck, calves, and feet
- Relieves swelling on hot and tired feet
- Moisturises your skin, keeping it soft and elastic
- Absorbs odours and helps prevent athlete's foot
- Ideal after a sports session

**No artificial dyes or parabens.**

150 ml foam Article no. 7201002 · PU: 12 pcs

**INGREDIENTS:** Butane, Aqua, Alcohol denat., Dimethicone, PPG-8-Ceteth-20, Menthyl lactate, Sodium PCA, PEG-40 Hydrogenated Castor Oil, Ethylhexylglycerin, Fragrance, Undecylenamide DEA, Citronellyl methylcrotonate, Hydroxyethylcellulose, Citric acid, Triethanolamine.

**SKIN-REJUVENATING INTENSIVE CARE FOAMING CREAM WITH 10% UREA**

- Rich and nourishing foaming cream for tired and dry skin
- Contains 10% urea, apricot kernel oil, pomegranate fruit extract, and carrot seed oil
- Moisturises your skin, keeping it soft and gleaming with additional strength and elasticity
- Antioxidants in pomegranate extract protect the skin from environmental oxidation stress
- Ideal after a sunbathing session
- For the body and feet

**No mineral oils or artificial dyes.**

35 ml foam      Article no. 7201094 · PU: 20 pcs

150 ml foam      Article no. 7201043 · PU: 12 pcs

**INGREDIENTS:** Aqua, Urea, Isobutane, Isopropyl Myristate, Cetearyl Alcohol, Panthenol, Lauryl Glucoside Polyglyceryl-2-Dipolyhydroxystearate Glycerin, Propane, Butane, Prunus Armeniaca Kernel Oil, Punica Granatum Fruit Juice, Cocoamidopropyl Betaine, Daucus Carota Sativa Seed Oil, Allantoin, Methylparaben, Propylparaben, Parfum, Limonene, Linalool, Coumarin, Citral, Citronellol.



**BODY MOUSSE**

**REVITALISING SHOWER GEL WITH POMEGRANATE EXTRACT TO REJUVENATE THE SKIN**

- Refreshing shower gel for every day
- Contains aloe leaf extract, panthenol, and pomegranate fruit extract
- Keeps skin moisture in balance
- Soothes and revitalises your skin
- Increases skin elasticity

**No artificial dyes or parabens.**

200 ml tube      Article no. 7201041 · PU: 12 pcs

**INGREDIENTS:** Aqua, Glycerin, Caprylyl/Capryl Glucoside, Disodium Cocoyl Glutamate, Sodium Cocoyl Glutamate, Coco-Glucoside, Xanthan Gum, Benzyl Alcohol, Citric Acid, Parfum, Citral, Limonene, Punica Granatum Leaf Juice, Potassium Sorbate, Sodium Benzoate, Dehydroacetic Acid, Panthenol, Aloe Barbadensis Leaf Extract.



**BODY SHOWER**

# FOOT BATHS



## FOOT BATH ENERGY

### REFRESHING AND REVITALISING FOOT BATH WITH OLIVE OIL

- Revitalising, mineralising high-quality rock salt (sea salt) foot bath
- Contains red vine leaf and horse chestnut extracts as well as rich, natural olive oil
- Nourishes and strengthens the blood vessels, refreshes and revitalises tired feet

**No artificial dyes or parabens.**

500 g Bottle Article no. 7201007 · PU: 6 pcs

**INGREDIENTS:** Sodium Chloride, Vitis Vinifera, Aesculus Hippocastanum, Oleum Europaea, Proylene Glycol, Maltodextrin, Silica, Fragrance.



## FOOT BATH RELAX

### RELAXING FOOT BATH WITH LIQUID SILK

- Liquid foot bath to sooth the skin
- Contains arnica extract, betaine, shea oil, and silk proteins
- Anti-inflammatory, moisturising effect
- Slight deodorant
- Sensual fragrance

500 ml Bottle Article no. 7201008 · PU: 12 pcs

**INGREDIENTS:** Aqua, Sodium Cocoamphoacetate, Coco-Glucoside, TEA-Lauryl Sulfate, Propylene Glycol, PEG-120 Methyl Glucose Dioleate, Glycereth-8 Shea Butter Esters, Sodium Lauryl Sulfoacetate, Phenoxyethanol, Arnica Montana Flower Extract, Parfum, Citric Acid, Butyrospermum Parkii Oil, Farnesol, Methylparaben, Ethylparaben, Alcohol, Hydrolized Silk, Propylparaben, Propyl Acetate, Butylparaben, Hexyl Cinnamal.

# COMFY AND CONVENIENT

## SUPER FLUFFY SOCKS

- Extremely soft, warm, and fluffy socks for day or night
- Ideal in combination with other saicara care products or foot masks
- One size fits all

### Contents:

95% polyester, 5% Lycra

Available in top trend colours.

Ask us for a summary of the colours currently available



MOLLY'S

## FUNCTIONAL SNEAKER-SOXS

- Ergonomic fit
- Includes zone padding and Lycra tubing
- Close, comfy fit, breathable and very gentle to the skin
- Perfect for keeping sweat under control and your feet cool
- Developed using results from sports research
- Durable wash after wash

### Functions:



1. Special weave for added ventilation
2. Wicking channels
3. Comfortably flexible cuff design
4. Protective cushion zones in terry to relieve pressure points

### Contents:

76 % cotton, 11% polyester, 11% polyamide, 2% lycra

Unisex

Article no. 6465 (Black) · Sizes 36/38 - 45/47

Unisex

Article no. 6466 (White) · Sizes 36/38 - 45/47



SNEAKER SOX

## COUNTERTOP DISPLAYS



### LARGE COUNTERTOP DISPLAY

Dimensions (L x W x H) 23 x 30 x 30,5 cm

Article no. 57521 · without display contents

### LARGE COUNTERTOP DISPLAY



### COUNTERTOP DISPLAY FOR 150 ML CONTAINERS

Dimensions (L x W x H) 27,5 x 23,5 x 34 cm

For Fizzy Gel and Body Mousse

Article no. 57543 · without display contents

### COUNTERTOP DISPLAY FOR 150 ML CONTAINERS

### MIX I COUNTERTOP DISPLAY

Dimensions (L x W x H) 27,5 x 23,5 x 34 cm

German · Dutch · English

Article no. 57500 · without display contents



MIX I COUNTERTOP DISPLAY

### MIX II COUNTERTOP DISPLAY

Dimensions (L x W x H) 27,5 x 23,5 x 34 cm

German · Finnish · Italian

Article no. 57501 · without display contents



MIX II COUNTERTOP DISPLAY

### FRESH & SILK COUNTERTOP DISPLAY

Dimensions (L x W x H) 28 x 19,4 x 30 cm

With tester cut-out for 20+1 containers

**Please request tester labels from your saicara sales representative if required.**

Article no. 57544 · without display contents



FRESH & SILK COUNTERTOP DISPLAY

# INSOLES AND FOOT COMFORT PRODUCTS

## PROFESSIONAL FOOT COMFORT

Podiatrists deal with feet every day – nobody knows more about professional foot care than they do; anyone in any life situation can benefit from saicara Professional Foot Comfort on a daily basis. Professional Foot Comfort also provides rapid relief for foot problems such as heel spur, skewfoot, flatfoot or high arches.

We use natural veg-tanned cow's leather in all of our insole and foot comfort products, which we supply in environmentally friendly cardboard packaging.



## ALLDAY COMFORT

### ALLDAY COMFORT

- Anatomical footbed for everyday wear
- Developed with the help of leading orthopaedic surgeons
- Supports the foot in its natural movement

Article no. 2300

Sizes: 35 – 46

PU: 3 Pairs

- |                |  |
|----------------|--|
| <b>Layers:</b> | 1. Light-coloured veg-tanned cow's leather     |
|                | 2. Activated carbon fibre                      |
|                | 3. Footbed with splayfoot pad and heel cushion |



## ALLDAY

### ALLDAY

- Anatomical footbed for everyday wear, ideal for narrow and open shoes
- Developed with the help of leading orthopaedic surgeons

Article no. 2301

Sizes: 35 – 46

PU: 3 Pairs

- |                |  |
|----------------|--|
| <b>Layers:</b> | 1. Light-coloured veg-tanned cow's leather     |
|                | 2. Footbed with splayfoot pad and heel cushion |

## RELAX PLUS

- Flexible footbed
- Supports and relieves the foot

Article no. 2302

Sizes: 35 – 46

PU: 3 Pairs

- |                |  |
|----------------|--|
| <b>Layers:</b> | <ol style="list-style-type: none"><li>1. Light-coloured veg-tanned cow's leather</li><li>2. Latex wedge with splayfoot pad</li><li>3. Activated carbon fibre</li></ol> |
|----------------|--|



RELAX PLUS

## RELAX

- Soft, comfy cushioning
- Anatomically ideal foot support
- Extra lightweight and slim
- Open-toe design for open shoes

Article no. 2303

Sizes: 35 – 41

PU: 3 Pairs

- |                |   |
|----------------|---|
| <b>Layers:</b> | <ol style="list-style-type: none"><li>1. Light-coloured veg-tanned cow's leather</li><li>2. Splayfoot pad</li><li>3. Latex cushioning with adhesive layer</li></ol> |
|----------------|---|



RELAX

## WEEKEND

- Narrow cut and extra thin for smart evening shoes
- Supports anatomically correct metatarsal positioning
- Adhesive patch prevents slipping

Article no. 2305

Sizes: 35/36 – 41/42

PU: 3 Pairs

- |                |  |
|----------------|--|
| <b>Layers:</b> | <ol style="list-style-type: none"><li>1. Light-coloured veg-tanned cow's leather</li><li>2. Latex metatarsal wedge with splayfoot pad</li><li>3. Leather fibre with adhesive layer</li></ol> |
|----------------|--|



WEEKEND



## BALANCE

### BALANCE

- Corrects bow legs and knock knees
- Helps keep the heel straight
- Gentle gait correction
- Comfortable padding

Article no. 2306

Sizes: S – XL

PU: 3 Pairs

**Layers:** 1. Light-coloured veg-tanned cow's leather  
2. Latex with adhesive patch  
3. Slanted foam-rubber wedge



## SOFT STEP

### SOFT STEP

- Anatomical shape supports the weight of the body
- Extremely soft latex zone cushions heel spur
- Adhesive patch and suction cups prevent slipping

Article no. 2307

Sizes: S – XL

PU: 3 Pairs

**Layers:** 1. Light-coloured veg-tanned cow's leather  
2. Foam-rubber wedge with an adhesive patch  
3. Removable latex cushioning



## SYNCRO

### SYNCRO

- Anatomical heel cup
- Relieves the Achilles' tendon
- Evens out differences in leg length

Article no. 2308

Sizes: S – XL

PU: 3 Pairs

**Layers:** 1. Light-coloured veg-tanned cow's leather  
2. Foam-rubber wedge with adhesive patch

## SECRET

- Soft, comfy cushioning
- Anatomically ideal foot support
- Also suitable for size correction in shoes

Article no. 2304

Sizes: 35/36 – 41/42

PU: 3 Pairs

- |                |   |
|----------------|---|
| <b>Layers:</b> | <ol style="list-style-type: none"><li>1. Light-coloured veg-tanned cow's leather</li><li>2. Splayfoot pad</li><li>3. Latex cushioning with adhesive patch</li></ol> |
|----------------|---|



SECRET

## EASY STEP

- Slip stopper for a firm grip in high-heels
- Self-adhesive slip stopper
- Also suitable for size correction in shoes

Article no. 2309

Size: Universal

PU: 3 Pairs

- |                |  |
|----------------|--|
| <b>Layers:</b> | <ol style="list-style-type: none"><li>1. Light-coloured veg-tanned cow's leather</li><li>2. Latex cushioning with adhesive layer</li></ol> |
|----------------|--|



EASY STEP

## FOOT SPONGE SYNTHETIC PUMICE SPONGE

- Foot, hand and elbow cleaning and care
- Removes calluses and hardened skin
- Ideal for removing nicotine, ink, oil and paint stains (moisten before use)
- Ideal pre-treatment before applying other saicara care products

Article no. 7201011 · PU: 6 pcs



FOOT SPONGE



## PROFESSIONAL FOOT COMFORT

### THE MOST COMMON FOOT PROBLEMS

Around eighty percent of the world population has foot problems; these problems are rarely due to birth defects, but develop in the course of life. The main causes are: uncomfortable, unsuitable footwear; obesity; frequent and prolonged standing; leg oedema, varicose veins, and other circulatory disorders.

### WHAT IS SKEWFOOT ?

In skewfoot, the heel bone tilts inwards causing the foot to buckle outwards, effecting the stability of the whole body. Strengthening the foot muscles using foot exercises, skewfoot insoles or crossed-over bandaging and ankle support for weakened ligaments is the only way of preventing complications in the foot joints and knees, hips and back. Skewfoot does not cause pain in children and adolescents, and very often remains undiagnosed.

About thirty-five percent of the German population suffers from skewfoot. More than twenty-six percent of patients report knee pain that frequently results from this deformity – the load-bearing foot tilts inwards, causing a lesser or greater degree of instability in the rest of the body depending on the extent of the problem. Hip and back problems arising from skewfoot-related instability are a frequent diagnosis.

### WHAT IS FLATFOOT ?

The arch of the foot lowers under pressure, rising again once the pressure has been released. Flatfoot, or fallen arches, is usually painless in the early stages, but will lead to pain if left untreated using special insoles and gymnastic exercises. It is usually easy to diagnose flatfoot from a patient's shoes and gait, unless insoles have been fitted to the shoes.

Flatfoot is almost always a civilisation problem. Lack of awareness has led to acceptance of the disease, with knee problems developing to become intolerably painful in the elderly. Children develop bow legs and knock knees, their unhealthy gait damaging not only the feet but also the knees and hips. There is simply not enough aware-

ness that healthy feet are essential to a healthy posture; 82% of young people have foot problems, and 88.5% of them are blissfully unaware of it. A pain-free foot is not always a healthy foot; the increased load on the feet of many of our citizens eventually manifests itself in painful symptoms, by which time it is too late for many feet.

### **WHAT IS SPLAYFOOT ?**

The front transverse arch lowers under pressure, which can be very painful. Splayfoot pads help raise the arch and support it. Most women that often wear high heels usually suffer from splayfoot.

Splayfoot is one of the most common foot deformities in adults, and is extremely painful when fully developed. Unlike other foot ailments, the first signs of splayfoot include tingling, tension, and throbbing in the forefoot.

A distinctive sign of splayfoot is a lowered transverse arch under pressure; the problem arises when the transverse arch can no longer raise itself unaided.

### **WHAT ARE HIGH ARCHES ?**

Unlike flatfoot, the longitudinal arch is not flattened – the instep remains excessively arched even with pressure on the foot. High arches often come together with claw toes, and sometimes with lowered transverse arches (splayfoot).

### **WHAT IS HEEL SPUR?**

Heel spur is a bony spur emerging from the heel bone; there is a distinction between a lower and upper heel spur. Lower heel spur sometimes involves inflammation of the plantar tendon on the sole (plantar fasciitis or tendinitis).

# saicara

SAI-01-2015 / EN



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