



**DON'T HIDE YOUR TOENIALS
THIS SUMMER!**

Let us take your nails from this....



To this....



2 Days only
8th & 15th
July

GET \$200 OFF (RRP \$550) FUNGAL
NAIL LASER TREATMENT*

Cost includes:

- Consultation with our experienced Podiatrist
- Preparation of the nails, including necessary clipping etc.
- Laser treatment of all toenails
- In depth post laser and fungal care plan

*Check with your health fund to see if a rebate is available. A follow up review is required in 3 months (\$80 standard consultation fee)

Fun Foot Fact: Women are 4 times more likely to have foot problems than men are, mostly due to footwear.



Don't forget to have your orthotics checked annually for adults and every 6 months for kids to ensure they are still providing your feet with the best support possible. If you're not sure if you are due for a review or you know it's been a while since a podiatrist has seen your feet, give us a call and come in to see one of our experienced podiatrists.



Archline Orthotic Indoor Slippers

Each pair features:

- Archline's signature orthotic arch support footbed design.
- Super lightweight and comfy
- Polyester/cotton hybrid lining - non-irritable
- Anti-bacterial, anti odour
- Lightweight slip resistant rubber outsole
- Podiatrist & Physiotherapist endorsed and approved!
- Machine Washable & Dryable
- Hand Made and has no glue

***** Slippers with INBUILT ARCH SUPPORT Available to Order Now! *****

Introducing the New Archline Slippers.

They are lightweight and comfortable orthotic slippers, designed to provide maximum comfort and warmth at home while providing relief for plantar fasciitis and other foot pain conditions.

Recipe of the month: Crock Pot Mongolian Beef

Ingredients:

- 700g Beef chuck steak, 2cm diced
- 2 carrots cut into thin strips
- ¼ kent pumpkin skin removed and diced
- 2 medium potatoes diced
- 1 capsicum diced
- 1 spring onion sliced (to serve)
- Lee Kum Kee Mongolian Lamb sauce



1. In batches, brown off the diced steak and add to large crock pot.
2. Add remaining ingredients to crock pot and stir through the sauce.
3. Cook in a preheated oven at 180deg for 2hrs.
4. Serve with rice or cous cous and topped with spring onion.