



Paraffin Wax Therapy

The skin is an amazing organ (yes it is classified as an organ) that performs many different functions. One of these functions is to keep the skin supple and hydrated, locking moisture in and keeping excess water out. The sebaceous glands found in the skin produce an oily substance called sebum which fulfills this role. Made up of a combination of fats, this oily substance creates a waterproof barrier that not only stops the skin absorbing too much water but also prevents the skin from drying out and cracking.

For various reasons, the sebaceous glands may not provide sufficient production of sebum, causing the skin to dry out and crack. The feet and hands in particular are known for this dryness and cracking and often require an external source of moisturiser to supplement what is naturally produced by the skin.

There are a multitude of moisturiser and emollients out there that work very well to hydrate the skin and they are great for daily application. In addition, a Paraffin Wax Bath is another source of moisturiser suitable for the hands and feet. The

wax is warm and in a liquid state so when the foot or hand is immersed in the wax, it creates a thin film on the area and with each application it builds up a coating on the skin that locks in the moisture and warmth. This warmth also helps to open up the pores, soften the skin, increase the circulation to the area and gently warm aching, arthritic joints. The layered wax is left on for about 20mins then removed to leave beautifully soft and smooth skin.

If you have trouble with cracked dry skin or even aching feet or hands, this treatment is ideal for you. It can be done following an appointment of general foot care for an additional \$20 or it can be done as a stand alone treatment for \$65.



Fun Foot Fact:

The thickened skin that can develop on the heels, forefoot and toes are a build up of dead skin cells. The feet naturally have a thicker layer of skin to protect them from the rough surfaces we walk on but there are times when it becomes too thick leading to cracking and discomfort. This thickened skin should be removed either with a pumice stone if it's not too thick or it can be removed by a podiatrist. These hard areas of skin or callus can lead to damage to the softer skin underneath and can become a nasty pressure ulcer if not cared for properly, a common cause for ulcerations for those with diabetes.



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Mens Shoe Sale!

If you are a man in need of some good shoes, come on in to Gait Way Podiatry at North Lakes. For the month of March, ALL our men's shoes are discounted including the Dr. Comfort, the new Anodyne range, Revere and mens Orthoheels. Don't miss out!

Recipe of the Month: Jam Drops

These classic biscuits are a great addition to the afternoon tea or as a little treat in the lunch box for the kids.

Ingredients:

250g butter, softened
1 cup caster sugar
2 tsp finely grated lemon rind
2 eggs
2 cups SR flour
½ cup custard powder
½ cup desiccated coconut
¼ cup raspberry jam

Step 1. Preheat oven to 180C. Line 2 baking trays with baking paper. Use an electric mixer to beat butter, sugar and lemon rind in a bowl until pale and creamy. Add eggs one at a time, beat until well combined. Stir in the flour and custard powder.

Step 2. Place the coconut on a plate. Roll tablespoonfuls of mixture into balls. Roll in coconut to lightly coat. Place on lined trays, allowing room for spreading. Use the end of a wooden spoon to make an indentation in the centre of each ball. Spoon ½ tsp of jam into each indentation.

Step 3. Bake, swapping trays halfway through cooking, for 15 mins or until lightly golden. Remove from oven. Set aside on the trays to cool completely.

