



directions

Travel to Tesco. Turn left at the mini roundabout next to the train station. The foot health clinic can be found on your left clearly identified by the sign above the first floor window. Please enter the clinic using the side entrance to the right of the building. **We do not have a designated car park, please use public parking and take note of surrounding parking signage.**



See our page to stay up to date with what is going on at the clinic.
Search the foot health clinic.



- podiatry • orthotics • reflexology • physiotherapy •
- massage • facial skin care • make-up • beauty services •

- podiatry • orthotics • reflexology • physiotherapy •
- massage • facial skin care • make-up • beauty services •



contact us

e: info@fhc.co.im t: 620712 www.fhc.co.im
the foot health clinic, 1 Lake Road, Douglas, Isle of Man, IM1 5AF
Registered in the Isle of Man No 126708C

- podiatry • orthotics • reflexology • physiotherapy • massage •
- facial skin care • make-up • beauty services • podiatry • orthotics •
- podiatry • orthotics • reflexology • physiotherapy • massage •
- facial skin care • make-up • beauty services • podiatry • orthotics •
- podiatry • orthotics • reflexology • physiotherapy • massage •
- facial skin care • make-up • beauty services • podiatry • orthotics •
- podiatry • orthotics • reflexology • physiotherapy • massage •
- facial skin care • make-up • beauty services • podiatry • orthotics •

shop and book online @ www.fhc.co.im

shop and book online @ www.fhc.co.im

podiatry

routine treatments

Initial Assessment (includes full foot treatment) **£45**

Routine Full Foot Treatment **£38**

(only available to patients who have already had an initial assessment)

Initial Assessment with nail cut only **£35**

Routine Nail Cut/Corn **£25**

the medical pedicure

The ultimate pedicure. This really is the best way to remove hard skin and deal with any unsightly foot issues. After your full Podiatry treatment, move into the beauty room to complete your look. Choose from our tantalising selection of nail finishes. Why not incorporate a relaxing massage or ENVIRON facial treatment?

The Medical Pedicure with vinylux polish **£53** with Shellac **£58** with Rockstar **£63**

with MINX **£63** (+**£10** if this is also your Podiatry Initial Assessment)

verruca treatments

Please note, as with any verruca treatment, The Foot Health Clinic Limited and any Podiatrist working with The Foot Health Clinic Limited, does not offer any guarantee of cure through the use of any of the following treatment methods.

cryotherapy

A maximum of 4 Cryotherapy sessions will be given to any one patient for one problem area. The number of sessions that you require will be advised by your Podiatrist.

Verrucae Initial Assessment with Cryotherapy **£45**

Routine Cryotherapy treatment 1 area **£30**

Each subsequent area in the same appointment **+£10**

salicylic acid

A maximum of 8 Salicylic Acid sessions will be given to any one patient for one problem area. The number of sessions that you require will be advised by your Podiatrist.

Verruca Initial Assessment plus 1 treatment **£40**

Routine Salicylic Acid treatment 1 area **£20**

Each subsequent area in the same appointment **+ £7**

nail reconstruction

Nail reconstruction is a gel overlay that is built up in layers to cover unsightly fungal or discoloured nails. It can also be used in cases where there is part of a nail or no nail at all.

Routine nail reconstruction 1 nail **£35** each. Subsequent nail in same appointment **£10**

(This is not a full foot treatment. If you require a foot treatment, please request at the time of booking.)

nail surgery

1 Toe **£350**

2 Toes (when removed in the same appointment) **£500**

All surgery fees quoted include 3 dressing changes.

podplan from just £4.81/week

Exclusive to The Foot Health Clinic Ltd, Podplan is a simple practice membership plan. Plan members pay for Podiatry treatments monthly by standing order and save **£5 on every treatment throughout the year!**

The flexible system allows you to choose the number of treatments that you have each year and when you visit the clinic for those treatments. Simply book your next appointment after each visit.

the priority price list

Plan members are also able to take advantage of our members only 'Priority Price List' which offers you the chance to save up to **50% on beauty, nail and facial treatments including ENVIRON and the DFII machine. With an additional 10% off all retail items too, your savings really do make maintaining your foot health a simple decision.**

Interval Between Treatments	Cost Per week	Cost Per Month	Number of Treatments per year
7 Weeks	£4.81	£19.25	7
6 Weeks	£5.63	£24.75	9
5 Weeks	£6.32	£30.25	11
4 Weeks	£8.25	£35.75	13

Please note, Podplan members are entitled to full foot treatments only as part of the membership scheme. Any other treatment including verrucae and nail surgery will be charged for in full. Failure to attend a Podplan appointment will result in the loss of that appointment.

how do I join?

Joining is simple. After your Initial Assessment with the Podiatrist, complete a contract form which is available from FHC reception or download online. You then set up a Standing Order for the monthly payment with your bank. As long as your Standing Order is set up, you can then book in for your next Podiatry treatment which will be covered by your Podplan membership, book in for any discounted Priority Price List treatments and purchase discounted retail items (in clinic only).

podplan corporate rates

Up to 40% discount is available for companies enrolling groups. Please contact us so that we can tailor a podplan for your employees.

free footcare

If you are on a cash plan, you may be able to claim back some or all of your podiatry fees. Please ask us for more details and how you could be getting your

footcare for free or contact one of the following partners:

- Health Shield
- Simply Health
- HSF
-

orthotics

Orthotics is the study of movement and forces sometimes referred to as biomechanics. An orthotist will use their knowledge to assess movement patterns and forces that lead to deformity and pain. Orthotists prescribe corrective devices to reduce pain and deformity. These are generally in-shoe devices, known as orthoses (orthotics) and are designed to realign and alter forces around the injured tissues. In addition, specific muscle strengthening and stretching exercises may be advised.

how orthoses work

Foot orthoses are designed to improve the relationship between the foot and the ground. Mostly, this is to alter the pathological forces that are increasing stress on injured tissues. But, orthoses can also be used to improve alignment which may reduce problems in the long term. Customised orthoses create optimal alignment for your feet allowing them to function correctly when standing, walking and running. Although some knee and back complaints can also be attributed to foot position, other supporting devices such as knee braces and spinal supports can be prescribed to give support and enhance proprioception for damaged and weak joints.

who should see an orthotist?

People experiencing foot, knee and back pain or discomfort. Orthotists can establish what excessive forces are acting on the body and devise a plan for reducing them. These forces can be on bony, arthritic joints or soft tissues leading to tendonitis and repetitive strain. Typical complaints are of heel pain and foot pain although many types of knee and back pain can be successfully treated with orthotic devices.

sports enthusiasts - screening for athletes

Orthotic assessment can help to build an injury profile. This profile can reduce the incidence of injury, improving training outcomes and performance in the long term.

older generations

Older generations can experience severe foot pain as the anatomy of the foot changes over time and deformities such as bunions become more severe. Orthotics can alleviate these problems by using bespoke devices and sourcing the best footwear the industry has to offer.

children

Children benefit from early orthotic assessment to ensure that underlying biomechanical abnormalities do not cause pain and increase the risk of injury later in life.

orthotic biomechanical assessment

Your initial biomechanical assessment will last approx. 1 hour and includes:

- Medical history questionnaire
- In depth medical history taking
- Physical examination
- Kinetic testing
- Kinematic Motion Analysis
- Casting/measurement for orthotic devices if required
- Formulation of a treatment plan including a stretching and strengthening programmes if required.
- Report and/or letter to referring clinician or GP.

If orthotic devices are prescribed, you may require a 30 minute fitting appointment. This includes prescription adjustments and video analysis to ensure optimal alignment. Review appointments will be scheduled after your fitting appointment.

orthoplan

total orthotic care for £12.50 a month with ORTHOPLAN

At the foot health clinic we believe in achieving and maintaining your foot health. Therefore we have devised a maintenance plan which allows you not only to reduce the overall cost of orthotic treatment but to:

- Receive reminders and priority booking slots for review appointments and podiatry check-ups
- Annual full orthoses refurbishment*
- Inclusive comprehensive device insurance
- 10% off orthotic devices **
- 10% off in store retail items**
- Replacement devices in the event of loss, theft or irreparable damage***
- Outgrowth replacement. For children up to the age of 16 devices are totally replaced (Once every two years.

* Applies to foot orthoses only. Refurbishment applies to the first pair of devices purchased within ORTHOPLAN. Insurance for subsequent devices is available at an additional £20 per pair per year. **Excludes footwear ***Applies to foot orthoses only. ORTHOPLAN entitles you to one replacement single or pair of orthoses in the case of loss, theft or irreparable damage. Where devices are stolen, a crime number should be provided. Where devices are irreparably damaged, no replacement will be issued until the damaged orthoses are returned. A nominal fee of £19.60 per single and £39.20 per pair will be charged. Any breakages or cracks to the shell will be replaced free of charge.

fee guide

	Fee Per Item	ORTHOPLAN
Suitability Consultation	£20	Free
Initial Consultation	£120	£120
Example cost of Orthotic Devices	£45 - £200	£40 - £180
Fitting Appointment	£60	£60
Review Examination	£60	Inclusive 2 per year
Full Orthoses Refurbishment	£91	Inclusive
Outgrowth Replacement (for children up to 16 years old)	N/A	Inclusive once every 2 years
Foot Health Assessment	£15	Inclusive
ORTHOPLAN	N/A	£12.50 per month/ £150 per year
Other benefits	N/A	10% discount on in store products (excludes footwear)

powerboost facial 30mins £38

A mini facial for a refreshing, invigorating, quick treat.

active vitamin treatment 1hr £60

A complete feed for the skin using the freshest forms of Vitamins A and C. Includes a hand massage.

Skin type: Any skin type especially those with dry skin.

Treatment area: 3 areas of concern are treated.

Main results: Stimulates Collagen production, softens fine lines, hydrates and improves elasticity.

advanced active vitamin treatment 1hr 45mins £80

A great decongesting, exfoliating treatment, this longer option focuses on the whole face and neck and incorporates a mini peel (10% Lactic Acid). Includes hand massage.

Skin Type: Ideal for those with pigmentation, congestion, scarring, dryness and/or uneven skin tone.

Treatment area: whole face and neck (10 areas).

Main results: Exfoliates and decongests. Stimulates Collagen production, softens fine lines, hydrates and improves elasticity.

hydraboost treatment 1.5hr £75

Living near the sea has its benefits but boy oh boy does it dry out our skin! This treatment uses Hyaluronic Acid which holds up to 1000 times its own weight in water giving you the deep hydration your skin needs. Includes a hand massage.

Skin Type: Dehydrated, lacklustre skin with lines caused by dehydration.

Treatment area: whole face and neck (10 areas).

Main results: Super Hydration and smoothing of lines caused by dehydration.

the frown treatment 1hr £65

A targeted treatment giving results akin to injectables with none of the associated risks. The potent Focus Frown Serum helps to relax muscles in the frown area and reduce reaction to nerve impulses thus noticeably diminishing existing line depth and preventing the generation of new lines. Includes a hand massage.

Skin Type: Any.

Treatment Area: Forehead, Eye & Crows Feet.

Main results: Noticeable reduction in frown line depth and prevention of new line development.

peeling

cool peels 1 Peel (1 area) £55 Course of 6 Peels £297

home peel kit £75

top up LACM1 £32

In true Environ style, these peels maintain the integrity of the protective horny layer. The combination of Lactic and Salicylic Acid lock in water, gently and gradually exfoliate dead skin cells and plump even deep lines.

Skin Type: Rough, uneven texture. Fine lines and wrinkles. Sun damage. Problematic skin (Acne), Rosacea and oily skin.

Treatment Area: Face, neck, chest and back.

Main results: Intense hydration, skin clearing and smoothing.

These targeted, results driven treatments breathe new life into your skin and your soul. Using youth boosting botanicals, expert massage techniques and aroma essences, Decléor treatments do not disappoint.

ultimate vitamin glow 55mins £55

A relaxing, rebalancing treatment with an indulgent warm vitamin mask.

harmonie calm 70mins £65

Relaxing and soothing for sensitive skin.

wrinkle resist 70mins £65

Ideal for those concerned with fine lines and wrinkles as well as dehydrated skin.

collagen lift 70mins £65

A stimulating treatment to infuse and recharge skin with deeper lines and wrinkles.

vital eyes 30mins £38

A stimulating and nourishing treatment for this delicate and difficult to treat area.

- courses of 6 (Save 5%)
- courses of 12 (Save 10%)

Please see Decléor body treatments in body & soul.



make-up

This super smooth and sophisticated range is the ultimate skin care make-up. Jane Iredale provides you with the purest minerals and highest pigment to ensure you can create any look from nude and natural to striking and strong even straight after an intensive treatment. Suitable for any skin colour and type. Call in to the clinic to try our full range of tester products.

colour match and base application 30mins £15

full make-up 40mins £25 (includes colour match)

bride-to-be/special occasion £45

Colour match and base application with trial make-up (one appointment) and make-up on the day (in clinic).

make-up at home

Home visits are available for an additional call out fee per appointment.

douglas £15

up to castletown, glen vine, onchan £20

all other areas £30

make-up parties

Hold a Jane Iredale make-up party in your own home.

Please see Events page.

the body sculpt cellulite treatment 1hr £55 Course of 6 £297

The cellulite treatment. Using Environs unique Body Profile Gel (also available for home use) with the powerful combined effects of the DFII Machine, this treatment offers noticeable reduction in the orange peel appearance of cellulite.

Skin Type: Any.

Treatment Area: Back of thighs OR front of thighs OR tummy OR buttocks.

Main Results: Smoother, firmer skin without unsightly cellulite dimples.

NB: Only one area can be treated in any one treatment.

For noticeable, longer lasting results, please book a course of 6 treatments.

DECLÉOR body & soul

full body aromatherapy massage 1hr £60

Using warmed balms bespoke to your mood.

cleansing back treatment 45mins £40

For congested backs. (Also see cool peels.)

radiant mum-to-be in 30mins £75

Ease aches and stimulate senses with this beautiful, bump friendly treatment.

silk glistner 1hr £45

Full body exfoliation and moisturise.

tranquility scalp treatment 45mins £40

A deeply relaxing and calming oriental scalp, neck and shoulder massage. Please be advised that your hair may be oily and gritty after this treatment.

massage

Full Body 1hr £50

Back, neck and shoulder 30mins £30

Indian Head Massage 45mins £45

reflexology

This ancient technique can be helpful for a range of ailments as well as being a powerful, relaxing treatment. Reflexology can help:

- stress • back pain • headaches • sleep disorders • digestive disorders.

initial consultation and treatment 1.5hr £50

reflexology foot treatment 1hr £45

lashes & brows

weekend lashes £15

brow tint £10

individual lashes £60

lash tint £12

marvelbrows 45mins £30

Sculpt, colour and correct your brows with this total brow overhaul. Great for over tweezed, unruly and mis-shapen brows and anyone looking for the ultimate shape and definition

manicures

basic manicure 40mins £25

Reshape, soak, cuticles, hand massage and Vinylux paint.

shellac manicure 1hr £25

Cuticles, reshape, Shellac paint and hand massage.

fhc signature peeling manicure 1hr vinylux £35 shellac £40

Reshape, cuticles, intensively hydrating Alpha Hydroxy Peel and vitamin A handmassage.

Add French +£3 Add Glitter +£5 Add Minx +£10

pedicures

basic pedicure 45mins Vinylux £35

Soak & scrub, reshape, cuticles, foot massage and Vinylux paint.

shellac pedicure 1hr £35

Soak & scrub, reshape, cuticles, foot massage and Shellac paint.

fhc signature peeling pedicure 1hr vinylux £40 shellac £45

Soak and nourishing scrub, reshape, cuticles, intensively hydrating Alpha Hydroxy foot

Peel and vitamin A foot and lower leg massage.

TIP: incorporate an Environ hand peel for just £10

Add French +£3 Add Glitter +£5 Add Minx +£10

the medical pedicure

The ultimate pedicure. This really is the best way to remove hard skin and deal with any unsightly foot issues. After your full Podiatry treatment, move into the beauty room to complete your look. Why not incorporate a relaxing massage or ENVIRON facial treatment?

The Medical Pedicure with vinylux polish £53 with Shellac £58 with Rockstar £63

with MINX £63 (+£10 if this is also your Podiatry Initial Assessment)

waxing & threading

We use superior quality Perron Rigot waxes to give you comfort and exceptional results. Hot wax is used for some areas.

brow £12

brow threading £10

lip £10

chin £10

bikini £18

underarm £14

1/2 leg £20

3/4 leg £28

full leg £35

brazilian £25

californian £20

hollywood £35

forearm £20

chest £30

1/2 back £35

full back £40

male 1/2 leg £25

male full leg £40

he-shi. tanning

PROFESSIONAL TANNING

Be completely tanned in just 1 hour with our fast acting Rapid Tan. After manual application this light, fast drying tan gives you a gorgeous golden glow in 1 hour and a deep tan in just 4 hours. 1/2 body £15 full body £25

events & hire

The clinic is the perfect venue for Parties and events for group sizes from 2 to 15. We offer a broad range of options from exclusive use corporate days to fun evening pamper parties. For more information on any of our event options, please either contact us or visit our website.

corporate events and membership

How about rewarding your team with something a little different? Equally functional for business as it is pleasure, the clinic provides an ideal environment for business events whether this is to thank a hard working employee or hold a team building day with treatments.

private

The perfect 'thank you'. Hire the whole clinic for the whole day. The whole clinic will be reserved just for you and your team. We will offer ALL normal treatments with all available therapists (dependant on day chosen) during that day and will take bookings only from your team. Your team pay nothing for their treatments, just turn up and enjoy their treatment at the pre-booked time. How about pre-booking this day throughout the year and offering it to selected groups as a reward?

To ensure exclusive use, this event must be booked a minimum of 3 months in advance. COST: £950 paid in full 1 month in advance.

podplan

Join PODPLAN, our Podiatry membership plan. The feeling of well cared for feet with our Podiatrist is hard to describe. This medical treatment helps to maintain whole body health as well as leaving feet feeling sensational.

Normal Podplan membership for appointments once every 7 weeks **£19.25 p/mth**

Join 40+ team members **£15.25pp p/cmth**

passport

If you are looking for a general benefits package for more than 30 employees, why not become VIPs with our VIP Passport. Your employees can take advantage of our exceptional discounted treatments throughout the year with no regular payments, enrolment fees or obligation to use. Each member will receive:

- Personal membership card to be presented at all appointments
- FREE Shellac Manicure, Male Manicure OR Back, Neck & Shoulder Massage (1 per year per member)
- FREE Jane Iredale Mineral Makeup Colour Match (1 per year per member)
- Initial Podiatry Treatment £20 SAVE £25
- Routine Medical Pedicure (for patients that have already had Initial Assessment) £50 (Shellac) £48 (regular Polish) Save up to £8
- Initial Orthotics Consultation £70 SAVE £50
- FREE eyebrow tint with every eyelash tint SAVE £10
- 10% off ALL waxing • £20 off ANY Environ DFII Facial Treatment for men and women
- £10 off any Decleor Facial Treatment for men and women – unlimited
- Environ Powerboost Facial £25 SAVE £13 – unlimited
- He-Shi Full Body Tan £15 Save £10 - unlimited
- Jane Iredale Full Make up application £20 SAVE £5 - unlimited
- Full Body Massage £40 SAVE £10 – unlimited
- £10 p/person off Pamper Party (see Pamper Party details for further information)

To discuss any of the above options in further detail, please either call the clinic and speak to Lisa or email lisa@fhc.co.im. We look forward to caring for your team.

parties

relaxation days

True indulgence. Exclusive use of the clinic for the whole day for you and up to 9 friends (minimum 8 people). Arrive, put on your robe and relax in privacy for the rest of the day.

included

- Morning coffee and scones
- 2 full FHC treatments. Choose from our luxurious list including Environ DFII facial treatments and full foot Podiatry treatments as well as massage and manicure.
- A light lunch
- Bubbly to finish

cost £125pp

duration 8hrs 9.30 – 5.30

pamper parties

Held on Friday evenings from 6pm, these fun parties are ideal for birthdays, baby showers, hen parties and group get-togethers of any description. For a minimum of 10 people, maximum of 15.

included

- Bubbly, soft drink and nibbles
- 2 treatments each from our party list
- Exclusive use of the clinic from 6pm

cost £45pp

duration 5hrs

party at home

Host a mineral make-up party in your own home. Charity coffee morning, hen night or birthday party, this fun event is enjoyed by all.

included

- 1 full make over
- Trying, testing and tasting!
- Exclusive offers on orders placed
- Host discounts (subject to party spend)

cost £10pp booking fee

Minimum 6 guests

how to book

Once you have chosen your event type, please contact us to secure your preferred date and time. Once secured, we ask you to submit your planning form (if required) and a 50% non-refundable deposit. This can be taken at the time of booking over the phone. Once secured, simply turn up with your friends and enjoy!

small group

For a treat as a group of friends or employees that deserve a 'thank you', join us for the morning or afternoon of treatments and relaxation. For 3-6 people

included

- Tea, coffee, soft drink
- Fruit Platter
- Shellac Manicure
- Foot Soak, scrub and Environ Foot Peel
- Back, neck and Shoulder massage OR Power Boost Facial Treatment

cost £80pp

duration 2-5hrs depending on group size

couples/mum & daughter

Come with your loved one or show your mum that you care with an intimate morning or afternoon with us. For 2 people

included

- Tea, coffee and soft drink
- Fruit platter
- Medical Pedicure with Shellac (or nail treatment for men)
- Environ Hand Peel
- Back Neck and Shoulder massage
- Power Boost Facial Treatment

cost £125pp

duration 2.5 - 3hrs

venue hire

Our relaxation area is available to hire. If you would like to host your next meeting, demonstration or talk at the clinic, please contact us.

available

Monday, Tuesday, Friday and Saturday evenings from 6pm. Day time hire by prior arrangement only.

included

- Seating for up to 15 people
- Tea, coffee and water
- Use of the relaxation area

cost £70 per 2 hour session

shop and book online @ www.fhc.co.im