



Putting Your Feet First

Fully qualified, HCPC registered podiatrists

Providing all aspects of foot care

Experienced specialists in diabetic foot care and the high-risk foot

Daytime, evening and weekend appointment available

Online booking available via our website



We have undergone Dementia Friends training



If you have a Signpost for Carers card, claim your exclusive discount with us on each visit.

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Why visit a podiatrist?

Our feet are often the most neglected part of our body. In general, it is not until we experience any discomfort or pain that we pay them attention and realise how much we rely on our feet. This is where your local podiatrist can come in handy.

About our podiatrists

Our podiatrists, Julie and Natalie have over 30 years combined experience working within the NHS and private practice.

Julie and Natalie are experienced in treating a wide range of foot conditions and aim to ensure a relaxed, friendly environment whilst maintaining a professional, holistic approach at all times.

Our podiatrists are registered with the Health and Care Professions Council (HCPC) and members of the College of Podiatry. They have also undertaken Dementia Friends training.

Mrs Julie Gaskell, BSc(hons) MCPod

HCPC: CH21973

Qualified from Salford University with a Bachelor of Science Honours Degree in Podiatry,

Qualified to administer Local Anaesthetics.

Certificate in Diabetes Care

Trained in Lacuna Method for treatment of fungal nails

Certified in first aid, basic life support and defibrillation

Julie has spent a proportion of her podiatry career working within the NHS in Stockport. She

has developed a speciality in wound care and the high-risk foot and diabetic foot care, gaining a wealth of knowledge and skills working within the high-risk foot team at

Stepping Hill Hospital.

She practices all aspects of podiatry.

Mrs Natalie Gooding, BSc(hons) MCPod PGCert

HCPC: CH29400

Qualified from Salford University with a Bachelor of Science Honours Degree in Podiatry

PG Cert qualification in the Theory of Podiatric Surgery

Qualified to administer Local Anaesthetics

Certificate in Diabetes Care

Qualified and trained to carry out verruca needling.

Certified in first aid, basic life support and defibrillation

Natalie has spent a proportion of her podiatry career working within the NHS in both Sheffield and Stockport. She has developed a speciality in wound care and the high risk and diabetic foot care, gaining a wealth of knowledge and skills working within the high-risk foot team at Stepping Hill Hospital.

She practices all aspects of podiatry.

Natalie is also the managing director of The Organic Foot Company

Treatments we offer

A full visual foot check is carried out at every appointment as standard

General nail cutting



*All toenails cut and filed and a luxury balm massaged into the feet.
(Fingernail cutting also available upon request for a small fee)*

Routine Podiatry

All toenails cut and filed. All hard skin/ corns removed, followed by a luxury balm massaged into the feet.

Deluxe Podiatry



All toenails cut and filed. All hard skin/ corns removed. An exfoliating foot scrub followed by a soak in a foot spa containing luxury natural ingredient products and a luxury balm massaged into the feet to finish.

Verrucae treatment

*Debridement of any overlying hard skin over/ around the verrucae
Application of silver nitrate if suitable*



Verrucae needling

A full assessment must be carried out prior to procedure. Over 18yrs only. Involves a local anaesthetic to numb the area of the foot where the verrucae is and the verrucae pushed into the blood stream to stimulate an immediate immune response. Only recommended if all other treatments have been tried first. For more information ask one of our friendly team.

In growing toenail surgery



Full assessment required prior to procedure. The removal of severely damaged or ingrowing toenails under a local anaesthetic. For more information ask one of our friendly team.

Warm wax therapy

How It Works

Paraffin wax is a common option in heat therapy treatments for a whole host of complaints. The heat helps increase blood flow and relax the muscles, which can help relieve discomfort caused by arthritis, osteoarthritis and fibromyalgia. Paraffin wax can also increase hydration to help soften hardened skin and increase the skin's elasticity.

It is designed to moisturise and soften the skin while providing a therapeutic and healing effect to sore and aching joints. Making it particularly beneficial for those suffering from arthritis and rheumatic pain.

Conditions that benefit from therapeutic wax treatments:



What the treatment entails

The skin to the feet is exfoliated and then submersed in a warm foot spa containing a natural ingredient foot soak and soaking salts (Himalayan Pink Salt, Dead Sea Salt, Epsom Salt blend)

The application of the wax will take around 10 minutes to complete. We use single use, hygienic wax pods and a soft brush to apply the therapeutic warm wax giving a luxurious & relaxing experience. The wax is then left for around 10-15 minutes until set, peeled off and a luxury organic foot cream will be massaged into the feet, leaving the feet silky smooth.



Lacuna Fungal Nail Treatment



We all have fungal spores on our skin, which naturally live quite happily causing us no problems. Given the right environment i.e. warm, dark, damp (as inside our footwear) the fungal spores thrive.

First signs of a fungal nail infection are a yellowing or brown discolouration, thickening, crumbly or brittle nails.

Specially designed burrs are used to make micro holes through the nail plate. This allows anti-fungal solution to pass through and reach the actual infected area (the nail bed).



If you are considering treatment for a fungal nail infection, it is highly recommended you have a sample of the nail tested to ensure it is definitely a fungal infection. This can be done here at Fancy Feet, by a test taking only 5 minutes to confirm diagnosis, with 97% accuracy.

If the test indicates a negative result for fungal spores, please do not be disheartened. Knowing that there is no fungal infection present will save you a lot of time, money and effort with treatments for it.

Lacuna is not a short-term treatment. Unfortunately, there is no quick fix.

Foot Health Dos and Don'ts

Do not cut too short or down the sides of your toenails. This can result in painful, ingrown toenails. We advise following the natural contour of your nail if you need to cut them. Filing nails gently using an emery board once or twice a week, will reduce the need to cut your nails as frequently.

Do not pick your nails or the skin around them. This can create portals for bacteria to enter and create a risk of infection.

Good hygiene is essential for healthy feet. Wash and dry your feet thoroughly each day with warm soapy water. Ensure you dry them thoroughly, especially in-between your toes. If you struggle to dry in between your toes, surgical spirit (a tiny amount wiped in between your toes using a tissue or cotton bud) can help to dry this area.

If you notice a lot of debris (dry skin, sock fluff etc) down the sides/ around your nails, do not try to pick it out. Instead, use a toothbrush to gently brush this debris away from the nail. A separate toothbrush to the one you (or a family member) use on your teeth is recommended.

Use olive oil (basic olive oil is fine) around your cuticles and edges of nails to help keep the skin around them soft and prevent a build-up of dry skin down the sides of your nails. Applying small amounts of the olive oil using a cotton bud or similar is recommended.

Apply a good moisturising cream to your feet daily to keep your feet hydrated and prevent skin becoming dry and cracked. Do not apply cream in between your toes as this area can be moist already. If you struggle to reach your feet to apply cream, use an old flannel (or similar) to put cream on and then rub your feet on the flannel one at a time. We recommend putting socks on to ensure you do not slip after applying cream, or sit with your feet up long enough to let the cream absorb in (5-10mins)

Regular filing of hard, dry skin once or twice a week using an emery board is recommended, to prevent the hard skin building up as quickly. We advise filing the dry and hard skin on your feet when your skin is dry and before you apply any cream or have a bath/ shower. Doing this when your skin is wet can cause the skin to pull and you can file too much off and it can become painful.

Rotate footwear regularly. As we have approx. 250,000 sweat glands in our feet and perspire approx. 1litre of fluid a day from them, rotating footwear gives your shoes time to dry out and helps to prevent issues such as bacterial or fungal foot infections.

Wear shoes that fit correctly. Shoes that are too tight can cause long term foot problems. Shop for shoes at the end of the day to compensate for foot swelling that may occur later in the day.

Avoid slip on shoes and shoes that do not provide enough "wiggle room" for your toes in the front of the shoe.

Check your feet daily for any changes to skin colour, cuts, cracks to the skin, or problems with your nails not previously noticed.

REMEMBER foot pain or discomfort is not normal. Any concerns please seek help and advice from your podiatrist.

Foot Mask

The foot mask is great if your feet are really warm. The foot mask contains mint and lime to help your feet feel refreshed. It also contains calendula which naturally stimulates collagen production to help with rehydration of your skin and skin elasticity. We do a foot soak and then massage the foot mask on to your feet. We then wrap your feet. The mask creates a cool, tingling sensation on your feet as the mint and lime work together to help unclog any blocked pores in your feet and make them feel refreshed. We then remove the mask and a balm massaged in to your feet to finish.

Enzyme Peel

The enzyme foot peel contains a blend of specifically selected ingredients, providing a soothing and rehydrating foot care treatment.

We apply a thin layer of the peel to both feet, one at a time. We avoid applying any of the peel in between your toes as this can already be a soft and moist environment. The peel is left in situ for 5-10 minutes. It will feel rather cool to start with. This is normal and refreshing.

One of the main ingredients in this peel is hyaluronic Acid (from plum extract). This keeps skin supple and hydrated. It contains a powerful moisture binding ingredient that allows the skin to retain moisture. It increases collagen synthesis. The peel is then removed and a luxury balm massaged in to your feet to finish.

