

# footner®

## EXFOLIATING SOCKS



Read the instruction leaflet carefully before using this product. Do not dispose of this leaflet. Should you have any questions, or should the use of this product not be clear to you, please contact YouMedical.

### Footner Exfoliating Socks:

Skin protects your body against everyday influences from outside. New skin cells are created in the skin's lower layer, the dermis. Over time, cells migrate to the surface of the skin. During their 28 day journey, they die and become saturated with keratin. This process helps to protect the skin from outside elements. Though the build-up of keratin and the resulting hardened skin is advantageous in protecting our feet from friction, too much build-up can cause dry hardened skin which can be unattractive or uncomfortable. Furthermore, this skin can crack and tear which is very painful. Previously you had to invest a seemingly endless amount of time and money in extensive foot care to remove this excess build-up of callus and dead skin. This included the continuous maintenance of your feet as well as frequent pedicures. Footner is the new effective solution that takes care of callus and cracked heels with a single application. With just one 60 minute application your feet will lose layers of dead skin leaving behind baby soft feet with no hassle at all.

### Instructions For Use:

Remove any products such as nail polish from your feet prior to use.



- Using scissors, cut the plastic sock along the indicated line.
- Slip the plastic Footner Exfoliating Socks over your feet and use the adhesive strap (sticker near the front of the sock) to close the top of the Footner Exfoliating Sock. Slip your own socks over the Footner Exfoliating Socks for a comfortable fit.
- The Footner Exfoliating Socks should be worn for 60 minutes for the product to work effectively. We recommend you set a timer/alarm to ensure correct length of use.
- After 60 minutes remove the socks and wash your feet with warm water to remove the remaining gel.
- 5 - 10 days after application the hardened and dead skin will begin to peel from your feet. The peeling effect can last roughly 2 weeks. Do not forcefully remove skin when peeling process starts as it may damage your skin.

### Tips:

Soaking your feet in warm water also speeds up the process. Though this is not necessary, it will shorten the amount of time needed to exfoliate the old skin. Some feet may exfoliate to a higher extent than others. This depends on the thickness of the callus build-up. Though the peeling skin may seem dry, avoid using moisturisers during the exfoliation process as this may reduce the effect of the product. It is recommended to use Footner Exfoliating Socks every 2-3 months to keep baby-soft feet. In some cases of highly callused skin, Footner may not remove the desired amount of skin. It is recommended to leave at least 3 weeks between treatments. To prevent skin from peeling off, such as on top of your feet, we advise that you apply Vaseline to this area before use of the socks.

### INCI:

Aqua, Alcohol Denat, Aloe Barbadensis Extract, Collagen, Glycerin, Butylene Glycol, Canola oil, Cucumis Sativus Extract, Propylene Glycol, Polydextrose, Sodium Lactate, Lactic Acid, Xanthan gum, Glycolic Acid, Methylparaben, Parfum.

### Warnings:

Keep out of reach of children. Not to be used by children under the age of 12 years. For use on feet only. Avoid contact with eyes and injured skin. For external use only. Do not use the product if you are hypersensitive to one or more of the ingredients in Footner Exfoliating Socks.

You may experience a cold, tingling sensation during the hour of application, this is normal. Discontinue use of the Footner Exfoliating socks if you feel heavy burning or itching. Though you can move around with the socks watch out as it may be slippery. It is recommended to keep feet out of direct sunlight for one week after the peeling process has finished as the new skin is very sensitive to the effects of UV radiation. This is a single use product. Dispose of socks after one use.

### Do not use this product if you suffer from:

Irritations, sensitive skin, onychomycosis, athlete's foot and other forms of open/irritated skin on the feet.

### Indication:

This product is designed to aid the natural exfoliation process of dead skin. This product can be used against unwanted callus, cracked heels and other forms of unwanted skin build-up on the feet. In the days following the Footner application, dead skin on the feet begins to peel off leaving behind baby-soft feet.

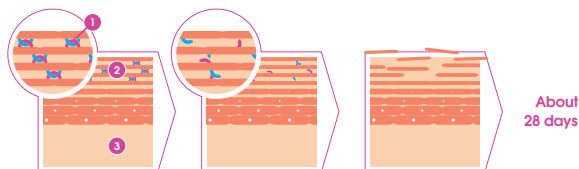
### Storage:

Store at room temperature. Keep away from open fire.

### Why Does Dead Skin Collect on the Sole of the Feet?

The human skin consists of three layers; the epidermis, the dermis and the subcutaneous tissue. Within the epidermal layer there are proteins (desmosome) that help to hold skin cells together and push them towards the surface of the skin. As the skin migrates to the surface, these proteins break down until the dead skin falls off at the end of the cycle. If the turnover of cells is normal and smooth, the proteins are decomposed by the natural enzymes and acids of the skin, and the dead cells fall off as 'scruff'. This cycle of renewal normally lasts for 28 days for healthy and normal skin.

### Natural Exfoliating Cycle of the Skin



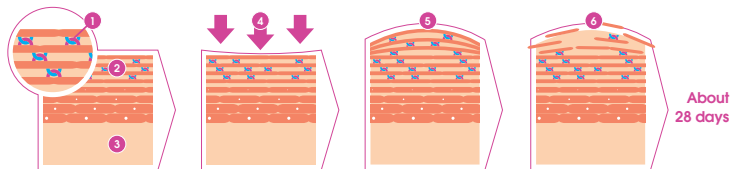
1. Desmosome 2. Cornified Layers 3. The Dermis

Dead skin cells are saturated with keratin, which is a protein also found in hair and nails. This keratinous skin helps to protect the epidermis from external stimuli and also protects the body from moisture loss. This skin is significantly harder than living tissue. As such, the excessive build-up of this skin can give the feet a hard and dry appearance.

In our everyday life, friction and pressure are constantly imposed on the feet. Because of this friction, the skin is not able to peel off naturally. This results in the accumulation of keratinous cells which create a hard layer in which the body's natural exfoliating process no longer breaks down the keratinous cells. This build-up of old dead skin cells can cause problems with the skin such as callus build-up. If nothing is done against this build-up, the skin can become dry and crack (cracked heel) causing pain, bleeding\* and even infections in more severe cases.

\*Avoid use of this product if your feet have open/bleeding wounds.

### Build-up of Calluses and Dead Skin



1. Desmosome 2. Cornified Layers 3. The Dermis 4. Friction or Pressure 5. Piled up Dead Skin Cells 6. Callus and Cracked Heels

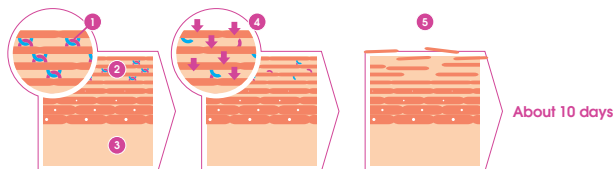
### How Does the Footner Exfoliating Sock Work?

When dead cells accumulate on the sole of our feet because of continuous pressure, the natural exfoliation process of the skin no longer works to get rid of the dead skin cells. Footner works by softening the callus build-up to get between the dead cells and loosen the 'glue' that holds the dead skin cells together and thus begin the natural process of skin exfoliation. It only targets the build-up of dead skin cells and does not affect living skin cells. This process is initiated by a number of naturally occurring acids and enzymes that work together to exfoliate dead skin layers from the sole of the foot.

The Footner formula contains a careful selection of enzymes and acids to ensure that the molecules can penetrate the layers of dead cells and trigger the exfoliation of dead skin cells. Examples are lactic acid and proteolytic enzymes. Proteolytic enzymes are crucial in breaking down the hardened protein in dry, scaly skin.

Footner Exfoliating Socks also contain ingredients used in cosmetic peelings to assist the natural exfoliating action. The exfoliating action of  $\alpha$ -hydroxy acids occurs as a result of their ability to break the links between dead skin cells. Frequently used to treat the skin from excessive keratin build-up, it functions by the solubilisation of the intercellular, thereby reducing the adhesion and allowing the non-living cells to be exfoliated.

### Footner Exfoliating Action



1. Desmosome 2. Cornified Layers 3. The Dermis 4. Small molecules of Footner Exfoliating Essence penetrate into the cells 5. Releases the glue that holds the dead cells, skin peels off

### Other Footner products:

- Footner Soft Foot Foam - helps reduce callus build-up
- Footner Callus Eraser Pen - targeted callus treatment
- Footner Daily Repair Cream - repairs cracked heels and fissures

For more information, please visit [www.myfootner.com](http://www.myfootner.com)

### Distributor:

Manufacturer/ Distributor:

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