



FREELAND

Foot & Ankle

CLINIC



SHOW OFF YOUR FEET THIS SUMMER

Summer is the perfect time for sandals, vacations, and outdoor fun—but healthy feet are just as important as great-looking feet. If you're dealing with thick toenails, calluses, dry skin, or cracked heels, you may not feel your best stepping into sandal season.

A Medical Pedicure, or “medi-pedi”, is a safe, professional way to improve the health and appearance of your feet. Performed in a clinical setting, this service focuses on foot wellness while helping you feel more confident and comfortable all summer long.

MEDICAL PEDICURES



SIGNS TO GET A MEDICAL PEDICURE

- 1 Toenails are thick & hard to trim
- 2 You have calluses/rough skin buildup
- 3 You struggle to reach feet safely
- 4 Heels are dry or cracked
- 5 You avoid sandals because of how your feet look

ARCHIES JULY SALE



SLIDES \$45
FLIP FLOPS \$36

- Arch support
- Lightweight
- Heel pain relief

100,000+ FIVE-STAR REVIEWS

FFAC'S TOP SUMMER SANDALS

Supportive styles recommended by our team.

- Archies
- Birkenstock
- Teva
- Vionic

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JULY SUMMER STEP CHALLENGE

Your mission: Reach **5,000–7,000 steps per day, 4 days each week** during the month of July.

Week 1	☐	☐	☐	☐
Week 2	☐	☐	☐	☐
Week 3	☐	☐	☐	☒
Week 4	☐	☐	☐	☐

That's 16 active days this month!

Remember:

- Wear supportive footwear
- Stay hydrated
- Stretch after walking
- Listen to your feet

MEET DESTINY: F.F.A.C. PEDICURE TECH

Destiny loves helping patients feel confident and comfortable through our Medical Pedicure services. Her favorite part of the job is seeing patients leave with healthier, happier feet!



To view our "Medi-Pedi" menu scan here!

Medical Pedicure FAQs

How is a medical pedicure different from the salon?

- Clinical setting
- Instruments surgically sterilized
- Gloves worn
- All products and applications are single use!
- Reduces risk of infection



Who can benefit?

Anyone with thick nails, calluses, cracked heels, ingrown toenails, difficulty reaching their feet, or conditions such as diabetes.

How much does it cost?

Medical pedicures **start at \$45**. We will review your needs and answer any questions prior to appointment.

Do I need to have foot problems?

Not at all! Many patients come in simply to maintain healthy feet and sandal ready toes.

Questions? Call (989) 695-6788 and ask for Destiny!

