



Warming foot care offers from GEHWOL

Snuggle time for your feet

Soon it will be time again: With its blaze of colour, autumn transforms the cities and the countryside. But unfortunately, this change of the season is disadvantageous for our feet, which will now chill faster. GEHWOL, however, offers more warmth for the red and gold season with warming preparations.

We actually love autumn. On our extensive walks, nature impresses us with her bold colour displays. The air smells of fresh rain. We enjoy warm beverages at home and often pick up a long-forgotten book. The season of autumn is, in fact, a cosy time of the year. But freezing feet is something we can safely do without.

Two preparations from GEHWOL are particularly suitable for keeping your feet cosy. A revitalizing and warming foot bath with GEHWOL FUSSKRAFT Heat Bath Concentrate is a great option here. Its secret weapon against chilblains is capsaicin. Found in peppers, capsaicin stimulates the heat receptors of the skin. This causes the blood vessels to dilate and blood flow to increase. The warming foot bath also contains oils of rosemary and mountain pine, which have circulation-promoting properties. Gentle lavender oil, meanwhile, provides a soothing sense of wellness while also promoting healing. The herbal oils in the preparation combine into a formula with deodorizing, disinfecting and antiseptic properties. This

prevents even warmly bundled feet from sweating too quickly, preventing chills. The warming foot bath keeps the fresh longer overall and prevents foot odour. To allow the bath to develop its effect properly and not become too hot, the water temperature should be 37 degrees. After three minutes, take your feet out of the water and thoroughly dry them.

Warming foot care

Following the bath, GEHWOL FUSSKRAFT RED care balm for dry chapped skin intensifies the warming effect, leaving the foot skin beautifully supple. Camphor, extracts of paprika and ginger and essential oils stimulate the blood circulation for a pleasant feeling of warmth. The product supplies lipids to the skin to bring a sense of well-being to tired, achy feet. Finally, its antiseptic ingredients prevent foot odour, annoying fungal infections and unpleasant itching between the toes.

Customer information

Tips for warm feet in the cold season

- A visit to the sauna can be a pleasant break. The alternation between hot and cold also trains the blood vessels. A subsequent cold shower boosts blood circulation. If you have pre-existing conditions such as cardiovascular problems, you should see a doctor before taking a sauna.
- Fiery spices in the meal also promote blood circulation. Tabasco, red pepper varieties, chili, paprika or other hot peppers have been shown to improve blood flow with their component capsaicin. Mustard and mustard seed also stimulate the circulation.

■ GEHWOL FUSSKRAFT

Warming Bath Concentrate

Paprika extract and rosemary activate the skin's heat receptors to promote blood circulation. The combination provides cosy warmth.

■ GEHWOL FUSSKRAFT RED

for dry, chapped skin

A balm that warms the feet with extracts of paprika and ginger and essential oils of rosemary and mountain pine, nourishing the skin.

- However, anyone who constantly suffers from cold hands and feet should have it investigated by a doctor, since constant coldness can be a symptom of a serious disease that should be treated.



Warmth boost for frozen feet: GEHWOL FUSSKRAFT RED and GEHWOL FUSSKRAFT Warming Bath Concentrate