



## Foot Care

# SILICONE HEEL CUSHION FOR SPUR PAIN

### DESCRIPTION

#### HAVING AN ACHILLES HEEL IS NOW A THING OF THE PAST!

Do you sometimes experience a heel pain? The feeling of walking on pointed stones? You do not have to be a Marathon runner to injure your heel ... Even wearing the wrong shoes, your body weight, pregnancy and longtime standing can strain it. The Christou 1910 anatomic silicone heel cushion is so soft and comfortable that can relieve pain immediately. Lifting the heel by 1.5 cm ensures that it absorbs shocks at the base of the heel, rests the foot arch and protects the joints of the ankle, knee, hip, waist and spine, helping to maintain the balance and the proper posture of the body. The cushions can be washed in lukewarm water and can be used over and over without losing their volume or shape.

#### AROMA PLANTS

A slight essence of bergamot, orange blossom and cedar wood, leave a subtle aroma of freshness and energy on your feet and shoes! They can be worn comfortably with any kind of shoes all day long!

#### DID YOU KNOW?

A slight disorder on your foot movement can at times lead to problems in the upper joints of the body, causing pain and distress in the knees, hips and lower back. So don't wait to feel pain or discomfort to start using heel cushions! They are so comfortable that can be used as a precaution, thus ensuring that your sole is held in the proper place and your body's posture is correct by absorbing the stress we put on our body every day!