



Winter Foot Care with



GEHWOL[®]

Everything for the well-being of the feet.

Internationally Renowned GEHWOL® Foot Care Line

GEHWOL® is internationally recognized as a high-quality line of foot care products since its creation in Lübbeke, Germany in 1868 by the pharmacist Eduard Gerlach.





GEHWOL®

Everything for the well-being of the feet.

When the temperatures go to zero and the heating is running at full speed, our feet start to have a hard time: whether blood circulation or activity of the sebum glands - "low flame" is the order of the day. When the temperature is cool, the blood vessels in the skin constrict. The result: cold feet and hands.

A common winter problem is **dry, rough skin**. The heating air in particular leads to the body shell drying out. In the heated rooms, the humidity is usually very low. As a result, our skin quickly becomes brittle and begins to flake. Rough, dry skin can no longer optimally fulfill one of its most important tasks: the barrier function. This means that it is no longer able to protect the body from water loss, harmful substances or germs. This negative chain can only be broken with the right care.

That's not the only challenge. Remembering to drink enough water and moisturize your skin is easy during the summer, when higher temperatures and outdoor activities drive the point home. But staying adequately hydrated is just as important during the winter. Dehydration sets in when the body loses more water than it takes in.





GEHWOL®

Everything for the well-being of the feet.

Every person has different skin problems and skin needs: Not all persons needs are the same, and not all skin is the same! There is no one product that "fits all". Dry skin needs moisture, sensitive skin needs care, cracked skin needs to regenerate, etc.

Pick Individual products that work best for skin type. And advice from foot care professionals who provide recommendations on a case-by-case basis should be taken.

But what makes up a good care product? Which ingredients are recommended for what skin problems, and in which formula? Foam, lotion or salve?

- Ingredients are of the highest quality
- Ingredients that are optimal for skin permeation
- Specifically adapted to the skin's current condition
- Increases consumer acceptance (product experience)



Glycerine

Binds and provides moisture (hygroscopic)

- Strengthens the barrier function of the uppermost skin layer (less moisture loss)
- Boosts skin elasticity
- Makes the skin more supple
- Removes skin scales

Bisabolol (chamomile)

Anti-inflammatory

- Pain-relieving (primarily in salves and balms)
- Influences cell metabolism
- Stimulates skin regeneration and prevents skin aging
- Relieves skin irritation

Panthenol (provitamin B5)

- **Soothes the skin**
- Promotes the formation of new skin cells (regeneration)
- Boosts moisture retention capacity and elasticity
- Relieves itching,
- Anti-inflammatory,
- Promotes wound healing,

Microsilver (nano-free)

Anti-bacterial and anti-inflammatory effects

- Inhibits the spread of bacteria, fungi and germs
- Regenerates the skin flora
- Relieves skin irritations such as itching or redness

Urea

Provides and binds moisture

- Promotes skin permeability
- Softens callus,
- relieves itching,
- concentration of max. 10% in products for daily use

Allantoin

Strengthens protective functions and regenerates

- Boosts cell structure, formation and regeneration
- Soothes the skin
- Helps regeneration in badly healing wounds

Farnesol (pheromone)

Antibacterial and deodorising.

- Inhibits the formation of fungal fibres (yeast)
- Preserves the equilibrium of the human skin flora (colonisation of the skin with microorganisms, bacteria and viruses)

Avocado oil

Nourishes the skin

- Suitable for sensitive skin
- Stabilises the skin barrier
- Strengthens protective functions with nourishing vitamins and unsaturated fatty acids

Winter foot care tips and general recommendations

Choose Appropriate Winter Footwear



Whether you're walking to work on snow-covered sidewalks or swooshing down the ski slopes, it's important to choose proper winter footwear that keeps your feet warm, dry and protected. Wintertime shoes should have ample padding but be roomy enough so as not to cut off circulation in the feet and toes. Avoiding man-made materials and other non-breathable fabrics can help control foot sweat, which could create an extra chill that can lead to frostbite on super cold winter days.

Use Proper Socks



During the cold months, it's best to choose breathable socks that will keep your feet both warm and dry. Wool or other moisture-wicking socks can help control foot sweat that can make your feet freeze. Interested in knowing whether or not your feet are sweating too much during the winter months? Extreme paleness and wrinkly toes are common signs of over-saturation.

Take Off Wet Shoes and Socks Right Away



It's pretty tough to avoid shoe and sock dampness during the winter, so it's important to remove wet shoes and socks as soon as possible. Keeping them on leaves your feet susceptible to fungal and bacterial infections. You should also make sure that shoes are thoroughly dry before wearing them again. If they're not fully dry, choose a new pair to help keep your feet fresh and dry.

Use Hydrating Foot Cream



Skin tends to dry out during the cold months when dry air and heaters zap moisture from the body. Avoid corns, calluses and cracked heels by keeping your feet properly moisturized with GEHWOL foot creams.

Cooler winter foot care tips:

Don't Slack On Exercise During Winter Months

It's easy to blow off exercise when it's cold outside; it's much cozier to stay inside where it's warm rather than go for an icy-cold walk or jog. But sitting around all day can lead to foot and ankle swelling. If you must stay inside, then be sure to do a few basic leg exercises to keep your blood flowing. If you brave the cold, be sure to allow time for extra stretching, as winter weather can make you less flexible and therefore prone to more injuries to your feet and the rest of your body.



Treat Yourself To Warming Winter Foot Soaks

Those who often have cold feet should have a foot bath that stimulates circulation and regularly use a warming foot cream with warming extracts of paprika and ginger.

Are you staying hydrated during the winter month?

mild dehydration impaired the function of cells that line blood vessels almost as much as smoking a cigarette. Dehydration also has been linked with inflammation, artery stiffness, blood pressure regulation and other factors that can raise the risk of heart disease and stroke.

In general, the federal Institute of Medicine suggests women take in 2.7 liters and men 3.7 liters of water per day. That might sound like a lot, but because food contributes about 20% of the daily water total, women should drink 8, 8-ounce glasses and men 12, 8-ounce glasses.

Eating more fruits and vegetables can certainly help you stay hydrated." Soup, an old winter standby, also counts. "Just be sure to avoid soups with very high amounts of sodium.



Bath and Bath Salts



Effective Ingredients

Rosemary oil, base of bath salts, chloroxylenol.

Application

Dissolve the contents of a sachet in one gallon of warm water and soak feet for approximately 15 minutes. The bath salt can also be used as a full bath, which would require 2-3 sachets

Effects of product

The use of Rosemary Oil in a bath salt has many benefits for the body such as relieving aching muscles, revitalizing poor circulation and rejuvenating dull skin.

Vegan
Gluten Free
Suitable for diabetics
Dermatologically tested



Effective Ingredients

Urea, emollients, camphor, lavender oil, rosemary oil, mountain pine oil, thyme oil

Application

Add 2 tbsp to a 4 gallon foot bath filled with warm water and soak feet for 5 minutes.

Effects of product

The well tried combination of active ingredients such as mountain pine, lavender and rosemary oils along with urea helps to alleviate a lot of foot problems. Even persistent calluses, weals and corns are thoroughly softened. Urea also maintains the elasticity of the skin and is mildly antiseptic and deodorizing.

Excessive foot perspiration is normalized and unpleasant foot odor is eliminated and a long-lasting feeling of freshness is ensured. Regular use of GEHWOL Herbal Bath will give you healthy supple feet. Extra relief can be obtained after the foot bath by massaging the feet with a GEHWOL cream suitable for your skin type.

Vegan
Gluten Free
Suitable for diabetics
Dermatologically tested



Effective Ingredients

Almond oil, vanilla, vitamin E, avocado oil, castor oil

Application

Add 1 tablespoon to 4 –5 liters warm water for a footbath.

Effects of product

GEHWOL Soft Feet Nourishing Bath spoils the feet and legs with an unforgettable bath experience for beautiful, supple skin. The essence contains unique ingredients, transforming the bath into a rich, harmonizing cleansing and nourishing milk. Almond oil soothes the skin, rendering it beautifully soft and protecting it. Seductive vanilla combined with Vitamin E and care oils of avocado and castor provides moisture and softens callus, producing a smooth, vital skin appearance.

Also suitable for the shower or full bath soak.

Vegan
Gluten Free
Suitable for diabetics
Dermatologically tested

Recommended Creams



Effective Ingredients

Medicated soap, Vaseline, lanolin, talcum, essential oils of eucalyptus, rosemary, lavender, thyme, chloroxylenol, camphor.

Application

Apply GEHWOL Foot cream 1mm thick onto feet, put on socks and footwear before going out for your favorite sport. GEHWOL Foot cream will easily absorb into skin while leaving it protected.

Effects of product

GEHWOL Foot cream prevents aching feet, blistering and chafing. The Medicated soap strengthens the skin, maintains its elasticity and normalizes perspiration. Chloroxylenol and oil of thyme deodorizes, disinfects and helps to protect against athletes' foot. Camphor stimulates the blood flow and menthol refreshes. Vaseline, lanolin and talcum protect the skin against wounds and blisters.

Gluten Free
Suitable for diabetics
Dermatologically tested

Effective Ingredients

Lanolin, oil of rosemary, eucalyptus, lavender and thyme, camphor, chloroxylenol.

Application

Massage cream into the feet including in between the toes. Apply twice a day.

Effects of product

GEHWOL Extra is a broad-spectrum product that has many uses in healing many conditions of the feet. Camphor is absorbed excellently by the skin and helps to promote circulation and metabolism. Menthol (a component of peppermint oil) has a refreshing, deodorizing, antipruritic and bactericidal effect. Eucalyptus oil is a natural antiseptic and promotes wound healing. GEHWOL Extra is an excellent product to use in between sports to maintain healthy feet.

Gluten Free
Suitable for diabetics
Dermatologically tested

Effective Ingredients

Shea Butter, Pomegranate, Moringa Seed Oil, Avocado Oil, Hyaluron, Vitamin E.

Application

Massage into skin twice a day.

Effects of product

GEHWOL FUSSKRAFT Soft Feet Butter intensively pampers and nourishes the feet and legs. Its rich formula with pomegranate extract and moringa oil renders the skin supple. Re-fattening shea butter ensures a pleasantly soft skin sensation. Special deep-acting hyaluronic acid combined with Vitamin E and avocado oil activates skin regeneration and strengthens the skin's defenses.

Vegan
Gluten Free
Suitable for diabetics
Dermatologically tested

med Line



Effective Ingredients

Emulsion, avocado oil, sea buckthorn oil, urea, glycerin, algae ex-tracts, allantoin, farnesol.

Application

Apply cream to dry areas of the skin twice a day, making sure to rub until completely absorbed.

Effects of product

The high quality ingredients such as urea, breaks the cell bond of hard, rough skin and also binds water in the deep skin layers allowing calluses to be softened. Sea buckthorn oil and avocado oil along with a high amount of unsaturated fatty acids supply dry skin with the lipids it lacks and thus prevents the loss of moisture through evaporation. This effect is supported by a special algae extract. The cream also helps protect against itching and fungal infections.

Gluten Free
Suitable for diabetics
Dermatologically tested



Effective Ingredients

Lanolin, vaseline, medicated soap, panthenol, bisabolol, zinc oxide, eucalyptus oil, lavender oil, oil of rosemary, camphor.

Application

Massage salve into cracked skin area twice daily. In very severe cases of hard, cracked skin apply thickly and cover with cloth and keep it moist with a plastic bag, if necessary.

Effects of product

The salve is based on a well-tried mixture of skin friendly lipids. Salve for cracked skin contains an effective combination of natural essential oils such as eucalyptus, lavender and rosemary. The skin-caring vitamin panthenol and bisabolol, a component of chamomile that helps to protect against inflammations. With regular use the skin regains its natural elasticity and resilience.

Gluten Free
Suitable for diabetics
Dermatologically tested



Effective Ingredients

Avocado oil, sea buckthorn oil, urea, glycerin, algae extracts, allantoin farnesol.

Application

Apply cream to the heavy callused areas twice a day. Do not apply to sensitive or injured skin. Do not bring into contact with eyes and mucous membranes.

Effects of product

Callus cream removes annoying calluses within 28 days when used as directed. Urea, fortified with glycerin and allantoin loosens the cell bond of hard callused skin. Skin friendly lipids bring moisture back to the skin and silk extract smoothes the skin.

Do not use the callus cream on cracked or inflamed skin. In this kind of condition GEHWOL med Salve for Cracked Skin is recommended.

To maintain the newly achieved smoothness and to prevent new calluses from forming it is recommended to continue the care with GEHWOL med Lipidro cream.

Gluten Free
Suitable for diabetics
Dermatologically tested

med Line



Effective Ingredients

Evening primrose oil, moor plant extract, urea, avocado oil

Application

Shake well before use. Hold the spray head upwards for use. Apply and spread a small amount of high-yielding foam every day

Effects of product

For daily use on normal to dry skin. The 4-times HYDRO-complex combines four powerful ingredients to improve skin hydration and provides a three-day retention effect. Hydractin- LMF Rejuvenates the skin within 4 weeks, normalizes dry skin

Evening primrose oil: Supports the skin's natural moisture balance and reinforces the skin barrier and natural protection function of the skin

Moor plant extract: Replenishes the moisture deposits of the skin and smoothes the skin and makes it noticeably supple

Urea: Supplies the skin with moisture and reduces pressure points that could trigger the formation of callus

Avocado oil: Protects the skin against moisture loss

Dermatologically tested No parabens , No PEG emulsifiers , No silicone oils , Unscented, Also suitable for diabetics



Effective Ingredients

Manuka extract, jojoba oil, aloe vera, zinc oxide.

Application

Apply once or twice a day.

Effects of product

GEHWOL med Deodorant Foot Cream is based on caring jojoba oil and aloe vera and contains a new, highly effective combination of manuka extract and active zinc oxides for the long-lasting elimination of strong foot odor. Manuka extract is skin-friendly and has a broad-spectrum efficiency against bacteria and fungi, which makes it particularly suitable for foot hygiene. Zinc oxide is an excellent and well-used ingredient in the care of sensitive skin with its antimicrobial and skin-protecting properties.

Aloe vera has a bacteriostatic, anti-inflammatory, regenerating, and moisturizing effect. Natural jojoba oil contains valuable unsaturated fatty acids, is absorbed quickly by the skin, and supports important skin functions. With regular application, foot odor is prevented, the skin is protected against fungal infections, and the skin will soften.

Vegan
Gluten Free
Suitable for diabetics
Dermatologically tested

Foot Powder



Effective Ingredients

Talcum, tapioca starch, zinc oxide, bisabolol

Application

Sprinkle the powder onto feet and in stockings and shoes daily.

Effects of product

GEHWOL Foot Powder helps keeping the feet dry by absorbing sweat. The high quality ingredients like tapioca starch, micronized zinc oxide and Bisabolol prevent foot odors and sweaty feet, provide a smooth, pleasant skin sensation and has antiseptic properties. Bisabolol, the active ingredient in chamomile, promotes healing and has a positive effect on damaged and tired skin.

Vegan

Gluten Free

Suitable for diabetics

Dermatologically tested

Foot + Shoe Deodorant



Effective Ingredients

Alcohol, zinc ricinoleate, undecylenamide DEA.

Application

Spray feet thoroughly once or twice a day, also spray into footwear.

Effects of product

For daily foot care, ideal for sports and on the go. Zinc ricinoleate treats, prevents and removes sweat and odor on the feet and in the shoes. Undecylenamide DEA protects against fungal infections which makes GEHWOL Foot + Shoe Deodorant perfect as a protection in hotel rooms, baths, saunas and when trying on shoes.

Vegan

Gluten Free

Suitable for diabetics

Dermatologically tested

med Protective Nail and Skin Oil



Effective Ingredients

Wheat germ oil, panthenol, bisabolol, Caprylyl Glycol, Undecylenamide DEA

Application

Apply to nail bed and surrounding skin/cuticle area twice a day.

Effects of product

If the skin around the nail is dry and the nails are cracked and broken GEHWOL med Nail and Skin Protection Oil is ideal. The well-tried substance of Caprylyl Glycol and Undecylenamide DEA prevents and treats against fungal infections. High quality substances such as wheat germ oil, panthenol and bisabolol offer a rich treatment for fragile brittle nails leaving a natural silky shine. The liquid state of GEHWOL Nail and Skin Protection Oil penetrates into affected areas easily and effectively.

Vegan

Gluten Free

Suitable for diabetics

Dermatologically tested

med Nail Softener



Effective Ingredients

Medicated soap, bisabolol, ethanolamine.

Application

Apply affected area twice a day. 2 weeks on and 2 weeks off or 4 weeks on or 4 weeks off for more serious cases.

Effects of product

The GEHWOL med Nail Softener softens hard nails and helps to prevent them growing inwards. Quickly and carefully softens cornification. Bisabolol, a chamomile extract helps to alleviate the redness and discomfort associated with ingrown nails. Medicated special soaps strengthens the skin, normalizes perspiration and helps to maintain its elasticity.

Vegan

Gluten Free

Fluid



Effective Ingredients

Clove oil, bisabolol, chloroxylenol.

Application

Apply one to two drops of GEHWOL Fluid to the affected site and leave it for a few minutes. Apply once or twice daily.

Effects of product

GEHWOL Fluid is an essential aid while working with instruments on ingrown toenails, calluses, corns and in the perionychium. Active ingredient clove oil can be attributed to its antimicrobial, antifungal, antiseptic and stimulating properties. GEHWOL Fluid prevents and treats inflammation and soothes irritable skin.

Vegan

Gluten Free

Suitable for diabetics

Dermatologically tested

Nailcare



Effective Ingredients

Wheat germ oil, Vitamin E, bisabolol, undecylenic acid monoethanolamide.

Application

Gently massage into your nails and surrounding skin. Only 2 drops per hand is required.

Effects of product

GERLAN Nailcare care contains a high amount of wheat germ oil, vitamin E and Bisabolol (chamomile extract). It stimulates the nail growth and gives flexibility to broken and torn nails. The active ingredients Bisabolol and undecylenic acid monoethanolamide support the treatment of fungal infections.

Vegan

Gluten Free

Suitable for diabetics

Dermatologically tested

Ingredients

Cream Bases

Skin friendly, protective and cleansing oil-in-water emulsions which are easily absorbed by the skin.



Avocado Oil

The oil is rich with active ingredients is particularly mild, and smoothens the skin. It is quickly absorbed by the skin and especially good for dry and scaly skin.



Jojoba Oil

Skin caring oil. Produces a silky and soft sensation, is quickly absorbed by the skin and maintains the elasticity and smoothness of the skin.



Lanolin

A substance similar to derma fat with excellent cleansing properties, with vitamin D. Lanolin is only in specially marked GEHWOL® products.



Wheat Germ Oil

Vitamin-rich oil that smoothens the skin and strengthens the nails.



Natural Fats

Maintain smoothness and elasticity of the skin, prevent callus formation and cracking of the skin. They are used as a basis for most preparations.



Med. Special Soaps

Osmotically active against the formation of blisters. Strengthens the skin and maintains its elasticity, normalizes perspiration.

Active Ingredients



Algae Extract Promotes blood circulation of the skin, vitalizes and prevents wrinkles. It positively influences the moisture balance of the skin making calluses become smoother.

Allantoin An ingredient of the horse chestnut, promotes healing.

Aloe Vera gel Aloe Vera is a medicated plant which has been used for centuries. It contains numerous ingredients such as vitamins and minerals which accounts for the gel's moisturizing and anti-inflammatory effects.

Bamboo Powder Finely ground powder from the inside of bamboo. Gently removes dead skin scales.

Ceramides Mixture of ceramides and phytosphingosine: natural skin lipid concentrate for restoring the protective skin barrier function. Even reaches the deeper layers of the skin.

Farnesol Known as a natural deodorant without side effects, prevents the development of foot odor through bacteriostatic action.

Oat extract The standardized extract contains anti-irritative avenanthramides that soothe the skin. Together with other ingredients, they improve skin elasticity and reduce irritation.

Hamamelis Extract Strengthens blood vessels, has a styptic effect and promotes granulation.

Honey Extract Regulates the moisture balance of the skin and soothes the skin.

Ginger Extract Stimulates the thermal receptors, provides warmth for the feet.

Chamomile-based ingredients Such as azulene and bisabolene, promote healing and have an anti-inflammatory and disinfectant effect.

Camphor Is absorbed excellently by the skin in combination with vegetable oils, promotes circulation and metabolism.

Manuka Concentrate Also known as New Zealand Tea Tree oil. The concentrate from the oil of the manuka shrub contains high concentrations of the components which are especially effective in fighting foot odor. It has a broad spectrum effect against bacteria and fungi and is therefore is particularly suitable for foot hygiene.

Panthenol

Provitamin B5, with distinct promotion of the healing process, accelerates cellular growth.

Paprika Extract

Stimulates the thermo-receptors of the skin and thus causes a warming sensation.

Mother of Pearl Powder

Mother of pearl powder is a finely ground powder from the insides of seashells. It gently removes skin scales

Tapioca starch

Natural product made from cassava (manioc) root. Tapioca starch particles smooths the skin and acts as a buffer in the exchange of moisture between the skin and the environment.

Sallow Thorn Oil

Has a high amount of unsaturated fatty acids and vitamins. It has a caring and regenerating effect on the skin and a general anti-inflammatory effect.

Urea (carbamide)

Due to its special skin-caring properties it has been used with great success in medical and cosmetic preparations. This highly compatible substance, which is produced by the body itself, has a bactericidal, antipruritic effect and smoothens callus. The moisture balance of the skin is optimally regulated. Urea also breaks the cell bond of dry skin.

Vitamin E Acetate

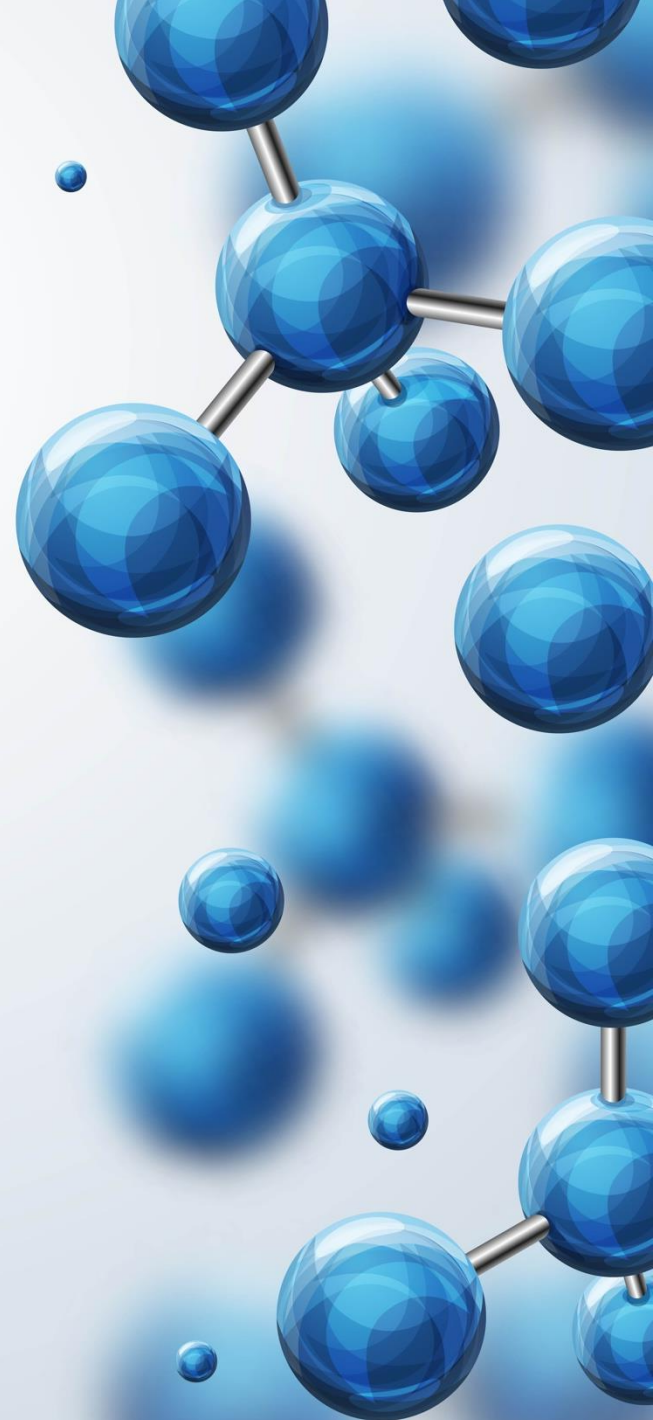
Protects the skin against premature aging.

Vitamin E Nicotinate

Promotes circulation of the skin and thus warms it.

Zinc Oxide

Is a well tried active ingredient for the care of sensitive skin, with antimicrobial, slightly styptic and skin protecting effects. Through the special activation method used, the action against many skin germs, that decompose perspiration, could vastly be improved.



Natural Essential Oils

Mountain Pine Oil

Refreshing and revitalizing, with a disinfecting and deodorizing effect.

Citronella Oil

Has a strong antiseptic, refreshing, stimulating and healing effect.

Eucalyptus Oil

Increases activity, is antiseptic and promotes wound healing.

Lavender Oil

Has a soothing effect, promotes healing and gives comfort. Disinfecting.

Mint Oil

Has a cooling and refreshing effect, is antimicrobial and antipruritic, antispasmodic and tonicising.

Rosemary Oil

Bactericidal, revitalizing, increases well-being, activates and promotes circulation.

Thyme Oil

Strong disinfecting effect, increases activity.



Deodorizer, Antibacterial & Antifungal Ingredients

Climbazole Is a topical antifungal chemical, commonly used in the treatment of human fungal skin infections. Its chemical structure and properties are similar to other fungicides like ketoconazole and miconazole. It may be accompanied by other active ingredients like zinc pyrithione or triclosan.

Caprylyl Glycol is used as a skin conditioning agent; has some antimicrobial activity.

Chloroxyleneol (4-chloro-3,5-dimethylphenol) Is a chemical compound that is commonly used in antibacterial soaps. Studies have shown a low antimicrobial activity, which is enhanced by additives. Its antibacterial action is due to disruption of cell membrane potentials.

Farnesol Is a natural organic compound which is an acyclic sesquiterpene alcohol found as a colorless liquid. It is insoluble in water, but miscible with oils. Farnesol is present in many essential oils such as citronella, neroli, cyclamen, lemon grass, tuberose, rose, musk, balsam and tolu.

Undecylenic Acid for Nail Fungus Medication - Toenail Fungus Medication.

General Overview Undecylenic acid has been FDA approved as an over-the-counter treatment for nail fungus. It is also the active ingredient in medications to treat skin conditions like psoriasis and athlete's foot, and can relieve irritation and itching that can come with a nail fungus. The main ingredient naturally has anti-inflammatory properties that help soothe the area around the nail if it is irritated or damaged slightly.

How it Works Undecylenic acid is a natural fatty acid derived from castor oil. It is a natural antifungal and it is used in many different products besides a cure for nail fungus, such as perfume, cosmetics, acne medication, and anti-dandruff shampoos. The oil is extracted from the bean and cold-pressed, which renders it odorless and tasteless. The molecule size of Undecylenic acid is small enough to penetrate the skin instead of staying on the surface, which is one reason why it is effective as an antifungal treatment.

How to Use After using Undecylenic acid products consistently, you should see some improvement within four to six weeks, when your nail begins to grow in healthy.

User Experiences Users of Undecylenic acid report that consistent use and patience is key to making this treatment work – more than a few months of daily treatment is necessary to see results, and the nail should start to grow back in healthy within a few weeks. Users also report having to cut the infected nail very short so the liquid can penetrate the infected area. Some also report that it is more effective on athlete's foot than on a nail fungus, but it varies by individual.

