



DEOFEET: COLD MENTHOL TIRED LEGS GEL

Our proposal: DEOFEET Cold Menthol Tired Legs Gel

This refreshing gel **provides immediate relief** and eliminates the discomfort caused by tired, swollen legs. It can also be used effectively to treat the **"burning feet"** sensation.



Instructions:

- Massage from toes up to knees using circular movements.
- Focus on the soles of your feet and inner leg area.
- If possible, rest for a few minutes with your legs and feet up.
- Repeat morning and evening, as often as necessary.

Advantages:

This Cold Menthol TIRED LEGS Gel tones up and reactivates circulation, eliminating sharp pain and other sensations of discomfort by providing an immediate feeling of relief, relax and comfort.

DEOFEET Cold Menthol Tired Legs Gel is part of a complete foot care range.

Beautiful soft feet, without hard skin, calluses or unpleasant odours, only need a coat of nail varnish to look wonderful and perfect. The range also helps eliminate leg pains and doubles up as two ranges to ensure perfect health and beauty.

There are many causes that weigh down our legs, making them feel like they were made of steel: pregnancy, being overweight, suffering from high blood pressure, spending long hours on foot or sitting down, going on long walks, suffering high temperatures...

What causes the heavy legs feeling?

Venous insufficiency prevents blood being pumped around the body as it should. The blood is pumped from the heart up to the head and then descends down to the feet before returning to the heart, passing first through the lungs for oxygenation. When the process is interrupted or slowed down, because the valves in the veins that ensure the blood is being pumped are injured, the blood is filtered and clogs in the legs and feet typically causing pain, a sensation of heaviness, numbness, cramps, swelling..

Does it affect a lot of people?

Venous insufficiency affects 55% of the European population aged between 22 and 45 years old. It is more frequent among women than men in a 2 to 1 proportion. Chronic venous insufficiency worsens over the years and produces abnormal colouring of the skin surrounding the ankles and can evolve to cause generalised oedema and varicose veins that require medical treatment and an analysis of the effect/cause situation.

How to treat the heavy legs feeling

Start by massaging legs with a cold gel to produce immediate relief and a fast sensation of comfort.