

## WHO WE ARE

Everyone you'll interact with at Barefoot has your wellness on their mind. We've carefully chosen a deeply experienced staff of nail therapists to treat and beautify your feet and lower legs. Barefoot offers a truly unique level of staff experience and knowledge combined with unmatched medical oversight. **Your experience here will be unlike any other spa or doctor's office.**

## CONSULTATION WITH DR. JULIE

Those with nail or skin concerns are asked to schedule a consultation before any medical pedicure is provided. After a clinical review, Dr. Julie will create a customized treatment plan for you. Our industry leading treatments combined with regular medical pedicures and your prescribed home care program, will help you manage the conditions you are experiencing and bring you the healthiest feet and nails possible. Combine this visit with any of our spa treatments to have your feet look and feel beautiful!

## DR. JULIE SHAHEEN, PODIATRIST

Dr. Julie Shaheen is an experienced podiatrist who works closely with our expert nail therapists to heal and rejuvenate you. Dr. Shaheen practiced podiatry in Exeter for more than six years before leaving a busy practice to dedicate time to her growing family. Recently returning to Podiatry, in addition to raising her three children, Dr. Shaheen co founded Barefoot to provide a new model for foot care. She lives in Stratham with her husband and children.



## OUR PHILOSOPHY

We founded Barefoot with a mission to change the pedicure as we know it. Our purpose is recognizing that feet are a work of art, a scientific marvel and the foundation of our movement and well being. We are focused on the rejuvenation and recovery of your beautiful feet so that you can grow healthier, stronger, and more confident. Our space is warm, welcoming and discreet. **Going barefoot is required – take your shoes off and stay awhile.**



Barefoot  
Medical Spa

Barefoot Medical Spa  
72 Portsmouth Avenue, Suite 107 - 108  
Stratham, NH 03885 | (603) 583-5516  
[BarefootMedicalSpa.com](http://BarefootMedicalSpa.com)



Clean beauty  
For Those Living with or  
Recovering from Cancer



Medical  
expertise

Experienced nail therapists, a commitment to client care, and podiatric oversight set Barefoot apart from any other spa you've visited.



Barefoot  
Medical Spa



Barefoot Medical Spa is unlike any other. We combine the tranquil atmosphere of a spa with the highest standard of cleanliness in lower-leg and foot care to bring our clients a truly unique treatment experience.



## WHY BAREFOOT?

At Barefoot Medical Spa, we are redefining footcare. At our podiatrist owned and operated spa you will receive only the finest possible care. From our highly trained nail therapists, safe product selection, sterilized instruments, and welcoming environment, you will feel at ease from the moment you walk through the door. With a focus on beautiful, healthy skin and nails, your well-being is our first priority.

## PERSONALIZED TREATMENT PLAN FOR EACH CLIENT.

Every choice we make at Barefoot, from the products we use to the people we employ, is made not only with our clients in mind, but with a concern for our greater local and global community.

For those living with or recovering from cancer, Barefoot Medical Spa has curated specialty treatments that can improve the health and appearance of your skin or nails and has carefully selected products that are optimally suited to each treatment. Safely enjoy a spa pedicure or foot soak or come in for a consultation with our podiatrist to manage common side effects from your treatments. Our nail therapists are specially trained to be particularly aware and thoughtful with side effects such as neuropathy or sensitivity.

Barefoot Medical Spa is designed to provide the perfect combination of clinical care and beauty for the toes, foot, and lower leg. A soothing oasis with highly trained staff, Barefoot is a 'clean spa' where all instruments are sterilized to surgical standards, services are performed with single-use tools, and all treatment areas are sanitized to medical disinfectant protocols. An initial consultation with Dr. Julie is recommended during your first visit to Barefoot. Schedule an appointment at Barefoot Medical Spa and rejuvenate in our serene space: our highly trained therapists provide the highest level of expert care and a luxurious soothing experience.

### Immuno-Compromised Pedicure

This medical pedicure is designed for those with a compromised immune system. Begin with a relaxing soak of essential oils and salts to help hydrate and soothe your skin. Special care is taken when trimming nails and cuticles. Barefoot nail therapists gently exfoliate legs and feet, apply a moisturizing beeswax treatment, and then massage to increase circulation. Nails are treated with a specialized base coat polish enriched with nutrients and vitamins restore nails to natural health.

### Dry Skin Repair & Moisturizing Pedicure

A unique Barefoot specialty treatment that combines podiatric and wellness care. Dr. Julie determines a personal customized treatment plan for each client, including home care, before treating severely thickened dry skin. Finish with a soothing warm towel and our unique beeswax candle moisturizer and massage.

***"What I really enjoy about practicing podiatry is educating patients and making someone feel better about their feet, which ultimately reflects how they feel about themselves. Barefoot Medical Spa is the perfect environment for me to do just that." Dr. Julie Shaheen***

### Therapeutic Beeswax Treatment

Reparative beeswax enriched with vitamins and essential oils is applied directly to the skin, nails, and cuticles to deliver ultimate hydration, followed by a rejuvenating lower leg & foot, or arm & hand massage. Add on to your pedicure or manicure!

### Barefoot Classic Pedicure

Our classic pedicure, designed to deliver expert care while providing a soothing beauty treatment for your feet. Enjoy a rejuvenating soak, non-invasive nail and cuticle care, luxurious foot & leg massage, and healthy polish.

### Tranquility Foot Soak and Massage

Find your center: this wonderfully relaxing treatment can be enjoyed alone or with someone special in our amazing Soak Room. An aromatherapy essential oil soak begins your treatment. Enjoy a hot stone foot & lower leg massage. Enjoy your choice of beverage and a healthy snack during your treatment.