

PROFESSIONELLE PFLEGE

peclavus®

PODO  
care

Healthy feet,  
naturally

CERTIFIED  
NATURAL PRODUCT



## TRUST IN OUR TRADITIONAL BRAND QUALITY

Targeted foot care since 1962: peclavus®. Even though there were only very few specific care products to begin with, over the years peclavus® became a brand well-known for its care and treatment range with over 125 different formulations covering almost all requirements of foot, body, hand, and nail care. peclavus® has a tradition as a quality label. This brochure provides useful information on the PODOcare range.



### PUT YOUR BET ON NATRUE-CERTIFIED PRODUCTS

All certified peclavus® natural cosmetics are certified by NATRUE, the international quality label for genuine natural organic cosmetics. Throughout the world, this label is only awarded to products meeting NATRUE's exceptionally high standards of naturalness and quality, for example:

#### WITHOUT

- synthetic fragrances or dyes
- ingredients from petrochemicals such as paraffins (synthetical preservatives) or PEGs (synthetic emulsifiers)
- silicone oils
- irradiation of end products or herbal ingredients
- genetically modified ingredients
- animal testing, also outside of EU
- harmful propellants

#### WITH

- natural and organic ingredients
- ingredients that can be returned into the cycle of nature
- sustainable production process

## TAKE ADVANTAGE OF ECO-CONSCIOUS PRODUCTION

The skin is not only our largest sensory organ, it also has enormous self-healing powers. The aim of the peclavus® development is to support these self-healing powers in a natural way. Very antiallergic and skin-friendly products are ensured by manufacturing processes where we place particular emphasis on environmental impact, modern filling lines and uncompromising standards of hygiene and quality control.

## FINDING YOUR IDEAL PRODUCT MADE EASY

The new peclavus® icons provide a simple and clear overview of the products' application types and areas, respectively. Additionally, you can see at a glance whether or not a product is vegan or a natural cosmetic product certified by NATRUE:



TIRED LEGS



FOR FEET



FOR LEGS



100% VEGAN



CERTIFIED NATURAL PRODUCT



## HEALTHY FEET, NATURALLY

This versatile range contains well-balanced ingredients which maintain, balance, and rejuvenate the health of your feet. Actively prevents or even alleviates symptoms naturally.







## MAINTAIN YOUR NORMAL SKIN'S NATURAL BALANCE

Normal skin also requires natural peclavus® care to lastingly maintain its natural balance. Preferably on a daily basis. This is especially true if you would also like to actively prevent or alleviate symptoms like heavy legs; e.g. with the help of natural extracts of red wine leaves.

### NORMAL SKIN



100 %  
VEGAN



CERTIFIED  
NATURAL PRODUCT



### POMEGRANATE FOOT LOTION POMEGRANATE EXTRACT

The peclavus® PODOcare pomegranate foot lotion is a light, fruity-fresh skin care product that absorbs very quickly. Natural antioxidants obtained from skin cell stimulating organic pomegranate extract regenerate the skin, precious avocado oil and organic shea butter provide well-groomed feet. Suitable for all skin types.

5400401 | 30 ml

5400402 | 100 ml



100 %  
VEGAN



CERTIFIED  
NATURAL PRODUCT



### POMEGRANATE FOOT CREAM POMEGRANATE EXTRACT, MACADAMIA NUT OIL

Also peclavus® PODOcare pomegranate foot cream contains natural antioxidants of skin cell stimulating organic pomegranate extract. It regenerates the skin and provides fruity-fresh feet. With precious organic wild rose oil and the high content of macadamia nut oil additionally strengthens the skin's natural protective barrier. Ideal for highly stressed feet. Suitable for all skin types.

5400501 | 30 ml

5400502 | 100 ml



### SKIN CARE STICK DEER TALLOW

peclavus® PODOcare skin care stick is ideal for targeted prevention against blisters and calluses caused by particular stress situations, e.g. hiking or other sports activities. The tried-and-trusted active ingredient deer tallow protects the skin for many hours against shoe-chafing and prevents excessive hardening of the skin. Resistant to abrasion, it is long-lasting and it offers protection also in water or in the case of foot perspiration. The natural moisture regulation properties of the skin are not affected. The stick has a pleasant fragrance and gives the advantage of an application that is both targeted and economical in use.

5401801 | 23 g

## NORMAL SKIN



### COOLING FOOT GEL WITCH HAZEL, ALOE VERA

The peclavus® PODOcare cooling foot gel quickly invigorates and re-activates tired, burning, and stressed feet. Skin care gel with noticeable cooling effect thanks to witch hazel extract and precious organic aloe vera. Leaves a long-lasting sense of freshness and is suitable for all skin types.

5400601 | **30 ml**  
5400602 | **100 ml**



### WARMING FOOT CREAM GINGER EXTRACT, ROSEMARY

peclavus® PODOcare warming foot cream naturally stimulates and warms. It contains vitalising ginger extract and blood circulation promoting rosemary oil. High-grade oils like avocado oil intensively nourish the skin. Ideal during cold weather for people with cold feet or who suffer from poor circulation. Suitable for all skin types, no application in case of sensation disorders (e.g. diabetes with polyneuropathy).

5400701 | **30 ml**  
5400702 | **100 ml**

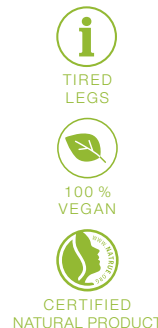


### FOOT MASSAGE LOTION SHEA BUTTER, AVOCADO OIL

peclavus® PODOcare foot massage lotion turns every massage into a unique experience of well-being. It provides very good spreadability and combines the nurturing properties of organic shea butter, avocado, and coconut oil with a fresh scent of orange and lemon grass oil. Suitable for all skin types and all forms of massage techniques.

5401101 | **30 ml**  
5401102 | **100 ml**

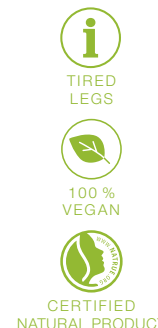
## NORMAL SKIN



### VINE LEAF REFRESHING GEL RED WINE LEAF, HORSE CHESTNUT

peclavus® PODOcare vine leaf refreshing gel cares for, refreshes and reinvigorates tired and heavy legs. With the best properties of precious vine leaf extract, horse chestnut and organic aloe vera it gently alleviates swelling, stabilises the function of veins and leaves the skin smooth. Suitable for all skin types.

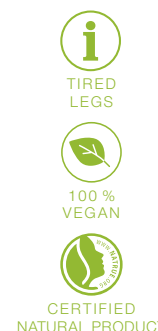
5400801 | **150 ml**



### VINE LEAF FOOT CREAM RED WINE LEAF, ARNICA

Massage away those heavy legs. This rich peclavus® PODOcare vine leaf foot cream is the perfect recipe. For an invigorating skin care or a soothing foot or leg massage. Red wine leaf extract strengthens vein walls, valuable arnica flower extract supports blood circulation, and alleviates swelling. Suitable for all skin types.

5400901 | **30 ml**  
5400902 | **100 ml**



### VINE LEAF REFRESHING SPRAY RED WINE LEAF, HORSE CHESTNUT

Vines have many useful properties. peclavus® PODOcare vine leaf refreshing spray invigorates and refreshes tired and heavy legs. A combination of precious extracts of red wine leaf and horse chestnut alleviates swelling and stabilises the function of veins. A real treat on summer days. Suitable for all skin types.

5401001 | **150 ml**



## MAKE CRACKED AND DRY FEET NICE AND SOFT AGAIN

In order to re-balance dry skin and maintain its elasticity, it is decisive to select suitable peclavus® care products containing ingredients in favour of proprietary skin processes. In this manner, you help even cracked and dry feet to get nice and soft again. You will find suitable products on the following pages.

### DRY SKIN



ROUGH  
SKIN



100 %  
VEGAN



CERTIFIED  
NATURAL PRODUCT



### CALENDULA FOOT CREAM CALENDULA FLOWER EXTRACT

peclavus® PODOcare calendula foot cream is an effective on-the-spot treatment for rough skin as well as pressure points and chafes. Organic calendula flower extract protects, soothes and regenerates even highly sensitive skin. The combination with high-grade avocado and sea buckthorn pulp oil makes rough feet soft and smooth. Suitable for all skin types.

5401201 | 30 ml

5401202 | 100 ml

### GOOD TO KNOW

#### SUPPORT THE HEALING PROCESS OF INFLAMMATIONS

Calendula is one of the most versatile and effective medicinal plants for natural skin health. Its high content of active ingredients, e.g. carotenoids, plays a valuable role in skin resistance. At the same time, it supports regeneration, has a calming effect and promotes formation of new tissue and healthy development of the skin. Within the scope of anthroposophic medicine, calendula takes centre stage as medicinal plant for injuries and inflammations.

peclavus® PODOcare



## DRY SKIN



DRY SKIN



100 % VEGAN



CERTIFIED NATURAL PRODUCT



### INTENSIVE FOOT CREAM TEE TREE OIL, JOJOBA OIL

Penetration deep into the skin, this is a special characteristic of peclavus® PODOcare intensive foot cream. It contains the perfect composition of skin-caring jojoba oil to retain the skin's moisture and germ-reducing soothing tea tree oil. This cream intensely and lastingly cares for and protects dry skin.

5401301 | 30 ml  
5401302 | 100 ml



VERY DRY SKIN



CERTIFIED NATURAL PRODUCT



### MOISTURISING FOOT CREAM BEESWAX, MENTHOL

peclavus® PODOcare moisturising foot cream is the ideal treatment for cracked and very dry skin. The cream combines intensely effective beeswax with active antibacterial ingredients of camphor and menthol to provide a solid protective barrier and supple skin. Reliable and time-honoured for decades. Contains no paraffin oils.

5401401 | 30 ml  
5401402 | 100 ml



CRACKED SKIN



CERTIFIED NATURAL PRODUCT



### LANOLIN FOOT CREAM LANOLIN, AVOCADO OIL

peclavus® PODOcare lanolin foot cream benefits from the natural protective properties of sheep's wool and precious avocado oil, is highly moisturising and gives cracked skin a protective and caring film perfect in all weathers. The cream prevents moisture loss and its content of organic calendula flower extract balances irritations – even with sensitive skin. Contains no paraffin oils.

5401501 | 30 ml  
5401502 | 100 ml

## DRY SKIN



CRACKED SKIN



CERTIFIED NATURAL PRODUCT



### ANTI-CRACK BALM PROPOLIS, CARNAUBA WAX

Lasting relief for cracked skin and rhagades is offered by peclavus® PODOcare anti-crack balm. Natural propolis extract and precious carnauba wax make this balm a well kept secret for metabolic stimulation and skin softening. It promotes resistance, elasticity, and smoothness. Ideal for problem areas on the heels, e.g. the perfect basis for an occlusive treatment (ask your foot care specialist). Contains no paraffin oils.

5401601 | 50 ml



CRACKED SKIN



CERTIFIED NATURAL PRODUCT



### CRACKED SKIN STICK SHEA BUTTER, JOJOBA OIL

peclavus® PODOcare cracked skin stick: Easy application – high effectiveness Both properties speak for themselves, the stick combines lipid regulating organic shea butter, moisture-retaining organic jojoba oil and skin protecting organic beeswax. Ideal for regenerating very dry skin, cracks, rhagades and similar skin problems. Perfectly suited for on-the-go and does not contain paraffin oils.

5401701 | 23 g

## GOOD TO KNOW

### PROFIT FROM FAST FISSURE RELIEF

Fissures and rhagades are not only a cosmetic issue; they can impair walking due to the pressure on the heels and the cracks are prone to bacteria and fungi. In order to achieve a lasting effect, it is important that the preparatory podiatric work of gentle grinding will be supplemented by continuous treatment at home. Here, ointment preparations will help to adjust the deficient fluid balance. These preparations typically contain lanolin, propolis, urea, and bisabolol. The skin's regenerative capacity will be improved through activated cell maturation. This effect can be intensified with an occlusive dressing. Please refer to your local foot care specialist for further information.





## PREVENT FOOT PERSPIRATION OR FOOT ODOUR EASILY AND EFFECTIVELY

Available as spray, cream, or powder: The peclavus® foot deodorant products have become real classics when easy and effective prevention of foot odour is in demand. At the same time, they also lastingly improve the condition of sweaty feet. Why not try it for yourself sometime?

## FOOT PERSPIRATION | FOOT ODOUR



FOOT  
ODOUR



100 %  
VEGAN



CERTIFIED  
NATURAL PRODUCT



### FOOT DEODORANT CREAM SAGE

Say goodbye to foot odours. peclavus® PODOcare foot deodorant cream provides a genuine long-term effect and is very quickly absorbed. Sage oil acts as an antiperspirant and has a deodorising effect. In addition, it nourishes the skin and provides a lasting sense of freshness. Suitable for all skin types, and sweaty skin in particular. Contains no aluminium salts.

5402301 | 30 ml  
5402302 | 100 ml



FOOT  
ODOUR



100 %  
VEGAN



CERTIFIED  
NATURAL PRODUCT



### HERBAL FOOT DEODORANT SPRAY SAGE, WILLOW BARK EXTRACT

peclavus® PODOcare herbal foot deodorant spray is immediately refreshing, reduces itching, and offers a long-lasting care effect. The composition of sage oil, antiseptic willow bark extract, and nourishing usnea extract prevents odours and has an antiperspirant effect. Suitable for all skin types, and sweaty skin in particular. Contains no aluminium salts.

5402401 | 150 ml

peclavus® PODOcare



FOOT  
PERSPIRATION



### FOOT DEODORANT POWDER CHAMOMILE, ROSEMARY, SAGE

peclavus® PODOcare foot deodorant powder holds the answer to numerous foot-related problems. Keeps the feet dry and therefore prevents mycoses, particularly between the toes. Disinfecting and deodorising effect thanks to precious extracts of chamomile, rosemary, and sage. Particularly well suited to use under socks and tights. Suitable for all skin types, and sweaty skin in particular. Contains no aluminium salts.

5402501 | 70 g

## GOOD TO KNOW

### PLEASANT SMELL - LESS FOOT SWEAT

peclavus® PODOcare herbal foot deodorant spray is an absolute classic among foot deodorisers and can improve foot perspiration problems on a lasting basis. By spraying the foot deodorant into your shoes, elasticity of the foot bedding is increased, with the added benefit of a fresh and pleasant scent.



## PREPARE YOUR SKIN OPTIMALLY FOR SUBSEQUENT CARE

A deep-acting peeling is still the best choice to ideally prepare your skin for the subsequent care product. A peeling will gently remove horny skin and, as a consequence, the skin surface will better absorb the precious active ingredients of the subsequently applied peclavus® care products.

## SCRUB



SOFT  
FEET



100 %  
VEGAN



CERTIFIED  
NATURAL PRODUCT



## POMEGRANATE FOOT SCRUB POMEGRANATE EXTRACT

peclavus® PODOcare pomegranate foot scrub with natural lava clay gently removes dead skin cells. In combination with cell stimulating organic pomegranate extract, anti-inflammatory arnica extract and lipid regulating organic shea butter it promotes blood circulation and leaves the feet silky-soft. Ideal for combining with peclavus® PODOcare pomegranate foot lotion or pomegranate foot cream.

5400301 | 100 ml



## GOOD TO KNOW

### ACTIVATE YOUR SKIN'S REGENERATION PROCESS

The sensible combination of the individual products allow the nurturing properties of pomegranate take full effect. Begin by preparing your feet with the pomegranate foot peeling. This will remove dead skin cells and prepare the skin surface for the absorption of the active ingredients of the next care step, e.g. pomegranate foot lotion. This lotion is very quickly absorbed, refreshes, and leaves the skin smooth and soft. It is specifically recommended for problems with the fluid balance. The pomegranate foot cream provides intensive care and is well suited for quick massages or as a basis for foot masks.



## HELP YOUR TIRED FEET FIND NEW VIGOUR

For generations, foot baths are a popular home remedy to refresh tired feet. This general positive effect can be further enhanced by adding special additives. Take your pick from three particularly refreshing peclavus® variations.

### FOOT BATH



CLEANSING,  
FOOT ODOUR



100 %  
VEGAN



### FOOT BATH CONCENTRATE

peclavus® PODOcare foot bath concentrate is a concentrated refreshing experience. Selected cleansing ingredients have a deodorising, mildly disinfecting, antibacterial effect. Only very small doses are needed, with a pleasantly fresh scent, ideal for feet prone to sweating and unpleasant odours.

5400101 | **50 ml**

5400102 | **150 ml**



CLEANSING,  
CARE



100 %  
VEGAN



CERTIFIED  
NATURAL PRODUCT



### FOOT CARE BATH

The benefits of skin cleansing, softening, and caring in one foot bath is possible with the peclavus® PODOcare foot care bath. Its specific combination of active ingredients contains natural sugar surfactants, moisture-retaining wheat proteins and protective usnea extract for lasting skin care. A foot bath for all skin types with the pleasant scent of pomegranate.

5400001 | **150 ml**



CALLUS



### UREA HERBAL FOOT BATH UREA, EUCALYPTUS OIL

peclavus® PODOcare urea herbal foot bath has a softening effect and is particularly recommended for cleansing dry skin, calluses, hard skin, and rhagades. Contains antiseptic ingredients such as spruce needle and eucalyptus oil which also invigorate tired legs and deliver a lasting sense of freshness.

5400201 | **500 g**

## PROTECT YOUR TOES' PROTECTIVE SHIELD

The nails act as protective shields for your fingers and toes. For this reason, proper care of your nails is more important than you might think. Because only then, their natural protective function will remain intact in the long term. For this is sure: The special peclavus® carrier system can make an important contribution.



### CUTICLES CREAM LANOLIN

peclavus® PODOcare cuticles cream provides rapid relief for chapped cuticles and stressed nails. Its anti-fungal and anti-inflammatory properties provide regeneration and protection. Lanolin, arnica extract, organic calendula flower extract, and thyme oil bring new life even to brittle and discoloured nails.

5401901 | 30 ml

## NAIL CARE



BRITTLE  
NAILS



100 %  
VEGAN



CERTIFIED  
NATURAL PRODUCT



### NAIL CARE OIL HEMP OIL, BISABOLOL

peclavus® PODOcare nail care oil provides a silky sheen and stabilises healthy nail growth. Lasting nourishment is ensured by moisture-retaining organic evening primrose oil and natural vitamin E. Bisabolol's anti-fungal properties are further enhanced by precious organic hemp oil to provide lasting nail protection.

5402001 | 10 ml



NAIL  
REGENERATION



100 %  
VEGAN



### NAIL CARE STICK AMINO ACID, BIOTIN

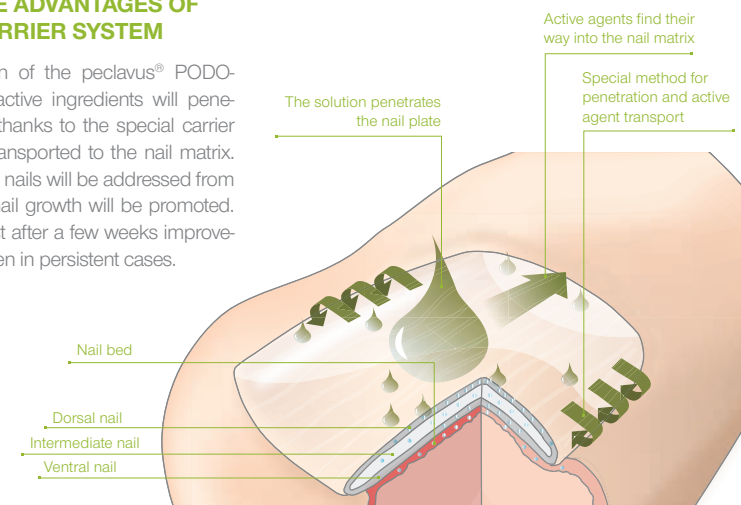
peclavus® PODOcare nail care stick provides healthy nourishment for skin and nails. Natural amino acids and biotin in the stick promote development of the nail substance. The special carrier-system diffuses its strengthening components down to the nail matrix and boosts the regeneration, strengthening, and build-up of new nail from the bed up.

5402101 | 4 ml

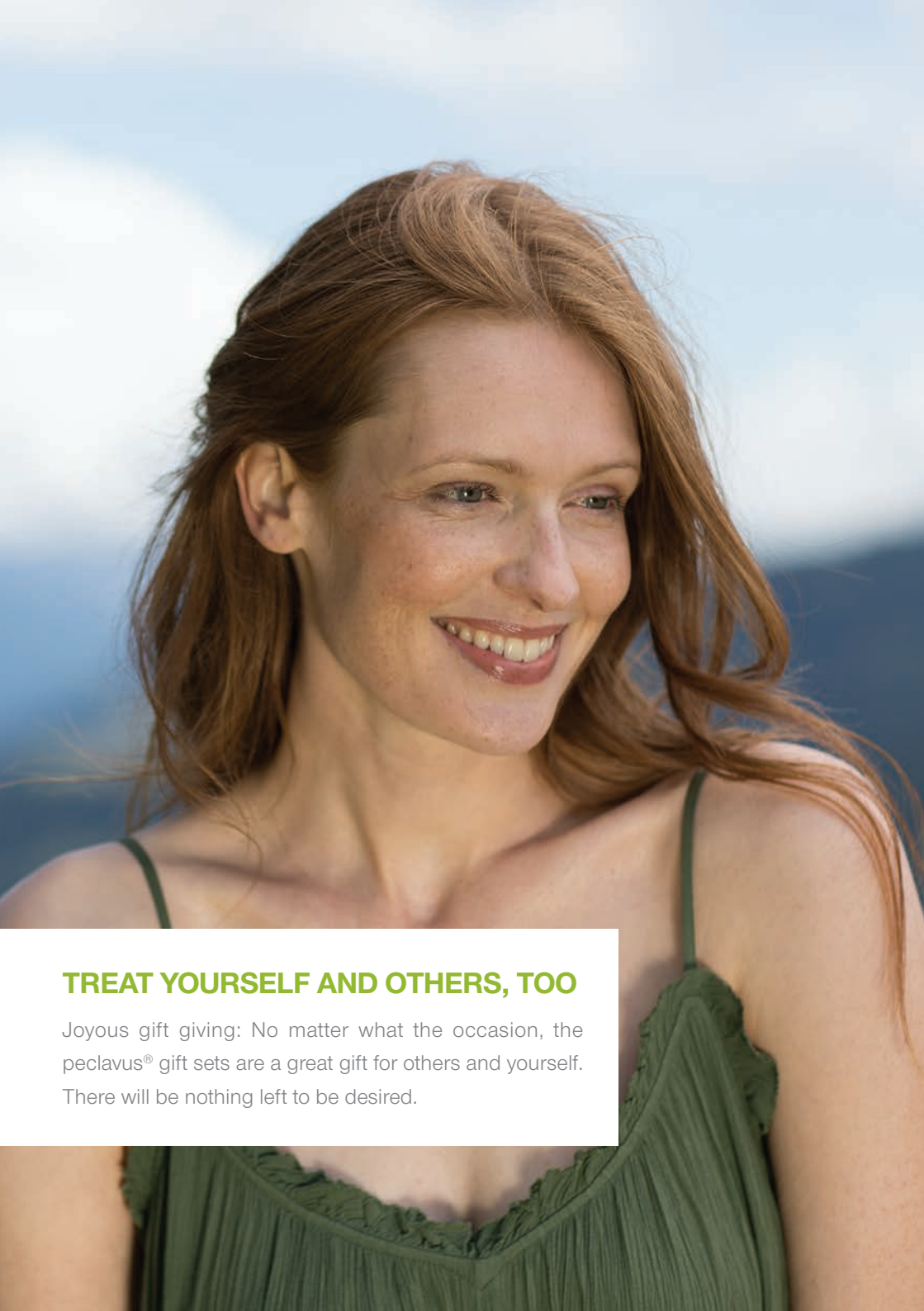
## GOOD TO KNOW

### EXPERIENCE THE ADVANTAGES OF THE SPECIAL CARRIER SYSTEM

With every application of the peclavus® PODOcare nail care stick, active ingredients will penetrate the nail surface thanks to the special carrier system, and will be transported to the nail matrix. In this way, changes in nails will be addressed from the root and healthy nail growth will be promoted. It is incredible how just after a few weeks improvements are possible even in persistent cases.



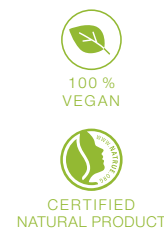




## TREAT YOURSELF AND OTHERS, TOO

Joyous gift giving: No matter what the occasion, the peclavus® gift sets are a great gift for others and yourself. There will be nothing left to be desired.

## SETS



## GIFT SET POMEGRANATE

A nourishing experience for all senses. Scent and active ingredients of the precious pomegranate are making this set so exclusive. Packaged in a stylish gift box.

Content:

peclavus® PODOcare pomegranate foot scrub, 100 ml  
 peclavus® PODOcare pomegranate foot cream, 100 ml  
 peclavus® PODOcare pomegranate foot lotion, 100 ml  
 peclavus® PODOcare pomegranate foot cream, 30 ml

5404001

peclavus® PODOcare

## GOOD TO KNOW

### DISCOVER THE HOLISTIC EFFECT OF POMEGRANATE

*Punica Granatum* (pomegranate) is characterized by its high content of bioactive ingredients. Pomegranate contains large amounts of flavonoids, anthocyanins, polyphenols (e.g. punicalagin, ellagitannin, Crosmine, gallic acid or ellagic acid) providing important functions to the growth, maturation, and regulation of cells. It is rich in potassium and contains, among others, vitamin C, calcium, and iron. However, the "punic apple" may not be reduced to a specific group of substances. As a holistic whole, its effect can be compared to that of medicinal plants. Its combination of different ingredients is so specific that it cannot be matched by any laboratory on the planet.



## INGREDIENTS



### ALOE VERA

ALOE BARBADENSIS

A highly fluid and colourless gel, derived from aloe vera leaves after the removal of their fibre constituents. The natural juice of the aloe vera leaf contains 160 different natural substances: Trace elements, vitamins, mono and polysaccharides, etc. have moisturising, regenerative, calming and soothing effects.



### AVOCADO OIL

PERSEA GRATISSIMA OIL

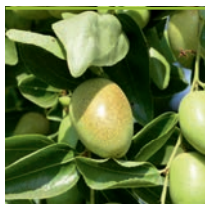
Derived from the ripe avocado fruit through a mechanical pressing process. Avocado oil is rich in unsaturated fatty acids and vitamins. This is an ideal skin care oil for dry, rough and chapped skin, making it soft and smooth.



### BISABOOL

BISABOOL

Against bacteria and fungi, skin calming effect. For the care of sensitive, impure skin susceptible to inflammations.



### JOJOBA OIL

SIMMONDSIA CHINENSIS SEED OIL

Extracted from seeds of the jojoba shrub by cold pressing. It provides an excellent raw material for creams, lotions, massage oils, and skin nourishment oils. Regenerates, retains moistures, and soothes. The skin quickly absorbs this liquid wax. Very good skin compatibility.



### GINGER EXTRACT

ZINGIBER OFFICINALE

Provides a broad spectrum of activity, e.g. for tense muscles and physical strain. Warms and vitalizes.



### POMEGRANATE

PUNICA GRANATUM

Has a vitalizing effect on the skin's metabolism and activates cell regeneration. Revitalises dry and highly stressed skin, increases elasticity, and has a softening effect.



### HEMP OIL

CANNABIS SATIVA SEED OIL

High content of unsaturated fatty acids, protects the skin from cracking, anti-inflammatory effect, can have an anti-fungal effect.

### WITCH HAZEL LEAF EXTRACT

HAMAMELIS VIRGINIANA LEAF EXTRACT

Obtained from witch hazel leaves, a deciduous tree found in North America and East Asia. Has astringent and cooling effect, and stimulates blood circulation.

## INGREDIENTS



### DEER TALLOW

ADEPS CERVIDAE

This is long-known proven active ingredient to protect the skin from chafing. Prevents from excessive forms of hard skin. Particularly popular with athletes and sports people.



### CALENDULA FLOWER EXTRACT

CALENDULA OFFICINALIS FLOWER EXTRACT

Obtained from calendula's flower extract. Contains carotenoids and essential oils. Has a calming, regenerating, and soothing effect on the skin. Also suitable for baby care.

### PROPOLIS

PROPOLIS EXTRACT

Propolis is also known as a resin used by bees as a kind of putty. This a magnificent natural substance with versatile applications in skin care. Thanks to propolis' anti-bacterial properties, it has a smoothing and firming effect and supports wound healing.



### SHEA BUTTER

BUTYROSPERMUM PARKII BUTTER

The fat is obtained from the seeds of the shea tree. Precious vitamins and care substances improve the skin's moisture absorption, leaving it soft and smooth.

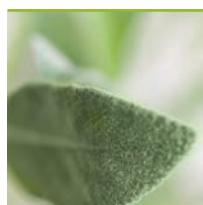


### ROSEMARY OIL

ROSMARINUS

OFFICINALIS LEAF OIL

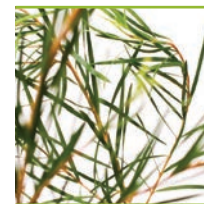
Essential oil, obtained from the herb by steam distillation. Has astringent and vitalizing effect, and stimulates blood circulation.



### SAGE OIL

SALVIA OFFICINALIS OIL

Essential sage oil, obtained from the herb by steam distillation. Has an antiseptic and astringent effect, and regenerates and deodorizes.



### TEA TREE OIL

MELALEUCA

ALTERNIFOLIA LEAF OIL

Tea tree oil is obtained from the plant's leaves by steam distillation. Its highly effective antiseptic and soothing properties provide a broad field of applications.



### VINE LEAF

VITIS VINIFERA

Has a proven firming effect on the vessels' connective tissue, reduces the permeability of the vessel walls and thus oedema. It contains flavonoids which have both a preventive and a healing effect on venous insufficiency.



### WOOL WAX

LANOLIN

A natural base for ointments and creams. The extract has been obtained from sheep wool. Provides natural skin care and prevents dryness. Very good lipid regulating properties.



# DISCOVER PECLAVUS®' WORLD OF CARE



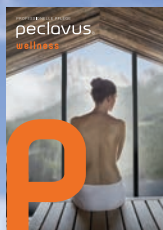
**peclavus® PODomed**  
Effective alleviation of  
foot problems



**peclavus® PODodiabetic**  
Gentle care for  
sensitive feet



**peclavus® kids**  
Mild kids care  
made fun



**peclavus® wellness**  
Well-being for body  
and soul



**peclavus® hand**  
Natural care for  
beautiful hands



**peclavus® gentleman**  
Gentlemen's natural  
body care

Available exclusively from selected consultants.

Your peclavus® consultant

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