

Wilde Beauty Ptho
THE PEDICURIST

SUMMER IS JUST AROUND THE CORNER

Hello Everyone!

I hope you all enjoyed that little taste of Summer a few weeks ago! While warmer weather is on its way, it is still chilly out there- so stay warm!

A little update on us... Our trip to Chicago was lovely. I got to attend a 2 day training course that specialized in pedicures as well as Phil and I explored the big city of Chicago. It was such a great escape and a beautiful city- but very windy. So much to do and we can't wait to go back some day.

May marks our first year in our new home. Phil, myself and of course Frankie & Walter, want to thank you for all of your support and kindness during this new step in our lives.

As we get ready for one of our busier seasons, I wanted to take the time to go over some new and exciting things that are happening at the studio.



**IT'S
VOTING TIME!**

Thank you again for being nominated in this Year's Community Votes campaign. This recognizes outstanding businesses in the community that make our lives that much better each day. Please take the time to vote for me in the following Wellness categories: **Esthetician, Manicure & Pedicure, & Nail Salon.** Thank you for being awesome and allowing me to do what I love!

VOTE HERE >>>



Studio Updates

ONLINE BOOKING



- Online booking is available for current clients only. Please pre-book or reach out and I can help you book your appointment if you can't find a time.
- The booking app link is [HERE](#)

SUMMER STUDIO HOURS

SUNDAY - CLOSED
 MONDAY - 10:30am - 6:30pm
 TUESDAY - 10:30am - 6:30pm
 WEDNESDAY - 10:30am - 6:30pm
 THURSDAY - - 10:30am - 6:30pm
 FRIDAY - 10:30am- 3:30pm
 SATURDAY - CLOSED



NEW WAITLIST SUBSCRIPTION

New option to snag last minute appointment times is now available. If you would like to be notified when a new appointment time becomes available, please subscribe below by going through the following steps:

Click on the link to start: ["Get Me In" Subscription](#)

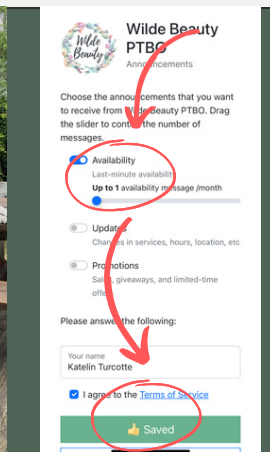
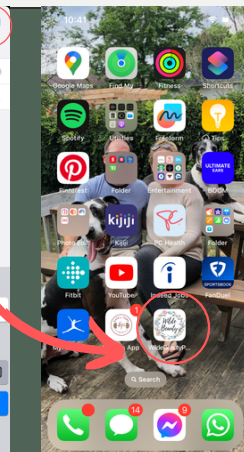
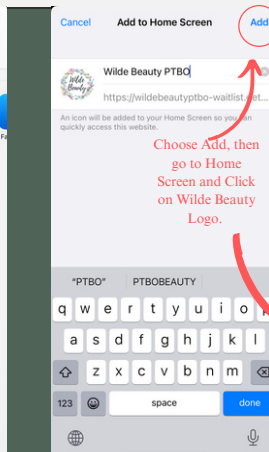
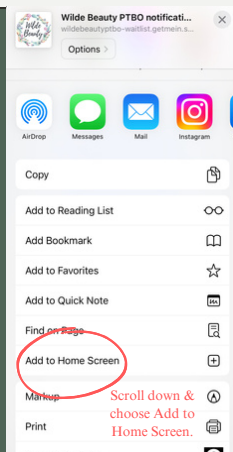
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Now Offering...



Compression Socks & Fitting

What is Compression Therapy?

Compression stockings provide support to your veins and help the calf muscle pump blood back to the heart. Compression therapy applies a type of elastic device on limbs or other body parts to exert a controlled pressure on them. Thereby, the device squeezes the vein walls together and improves the circulatory rate. Compression stockings help reduce swelling and decrease the tired, aching feeling that you get in your legs as well as help anyone dealing with edema, varicose veins, spider veins, chronic venous insufficiency or deep vein thrombosis (DVT) that has been diagnosed by a physician.



First Time Trying Compression?

Compression stockings can benefit people of all ages in any condition. In addition to benefiting people who are pregnant or have conditions affecting their circulation, they are also very beneficial for people who sit or stand for prolonged periods: When your legs are stationary for an extended period of time (i.e.: during prolonged sitting or standing), or if you have circulation issues, the veins can't push hard enough and blood begins to pool in the veins of your feet and lower legs instead of recirculating throughout your body.

What to do when you start having first signs of a venous disease or after you have been diagnosed? Just follow our three steps to get a compression product that best fits your needs [HERE](#)

FOR MORE VISIT: wildebeautyptbo.com

Lifestyle & Prescription

Compression Socks Available



Who can benefit from Compression Socks?

- **Airplane passengers/ crew or people who travel frequently** on long air flights may want to wear compression socks to help increase circulation and reduce their risk of developing DVT or blood clots.
- For **people on their feet all day at work**, compression can help reduce fatigue, pain or swelling by increasing blood and oxygen flow in the legs and feet.
- For **people who sit for long periods** daily in office work environments could make the blood in the legs pool near the feet due to gravity, making it harder to push the blood back to the heart.
- People with a history of **Deep Vein Thrombosis (DVT)**
- For someone who is **confined to a wheelchair**, compression can help improve blood flow and reduce swelling in the legs.
- For people with **varicose** and/or **spider veins**.
- For **people who swell in their legs and feet**. Swelling (medically referred to as “edema”) is caused by the build-up of fluid. Compression stockings stimulate circulation, which reduces swelling and in turn, provides pain relief. Improved blood flow to the muscles also reduces their susceptibility to injury and fatigue.
- **Athletes** wear compression socks on their arms/ hands to help improve blood flow and oxygen delivery while they’re working out, practicing or during competition. Some athletes also wear compression to help speed up their post-workout recovery.
- **Pregnant women** who are prone to swelling in their legs, feet or ankles may want to wear compression to reduce chances of swelling.