

## YOGA Sandals® - The product information

Well done on purchasing a pair of YOGA Sandals®! You have taken a proactive step towards looking after one of the most neglected parts of your body - your feet!

The Yoga Sandals you have purchased will encourage active engagement from all parts of your feet. They are uniquely designed to ensure the optimisation of your normal foot position. Each toe is anchored into the sandal, which supports your feet and complements your body posture. The contoured instep improves the body's stability and relieves the pressure on the metatarsals.

### Yoga Sandals:

- Increase foot strength
- Relax and align the toes
- Relieve stress within your foot architecture
- Support the heel bone properly (the calcaneum)
- Help correct postural alignment - they put the foot in the correct anatomical position
- Stretch leg muscles and heel cords including the Achilles tendon
- Help improve circulation
- Strengthen the arches of the feet
- Can bring relief to hammer toe, bunions, Plantar Fasciitis and joint pain
- No pressure on the tops of your toes gives relief from painful corns
- Improve flexibility of the foot
- Very useful in managing Morton's neuroma (trapped nerves)
- Very useful with managing children's bunions (juvenile hallux valgus) by holding the 1<sup>st</sup> ray in alignment



### How to get the most out of your Yoga

1. Initially, wear them around the house. This could be for only 10 minutes a day, but this short amount of time will allow your toes to get used to straightening and functioning in a more natural way.
2. To enable the sandals to slip on easier, put a little lotion between the toes for the first few times.
3. If the toe separators make you feel like your toes are spreading too much, you can cut off the plastic tubing and simply use the rope to gently divide your toes. This will stop your toes from spreading too far but will still allow you to feel the benefits of toe spreading.



Now for the science bit!

Our feet are made up of 26 bones with many muscles, tendons and ligaments. Each toe is suspended in a hammock-like system with tiny muscles that allow us to wiggle and stretch our toes. Each of these muscles need exercise and space to move and strengthen. The Yoga Sandals allows them to stretch and move!

**Remember: Love your shoes, and love your feet!**

I have several pairs, which I wear as slippers and everyday shoes. They undo the damage that my high heels do, and my feet definitely need them after a long day in heels!



Your Yoga Sandals can be worn every day, around the house or out and about. They provide stable support and give your toes the much-needed relief from closed, often narrow shoes and heels. I find that the sandals mimic the sensation of walking barefoot but are much more comfortable.



These sandals can even be worn at the beach. You can walk into the water with them on and they will not float away - a useful trick I have found for British pebble beaches!

We have several colours available for you, white, classic black, navy blue, deep purple and a slipper version known as the comfys. We also have the Bhakti Sandals (which look just like sliders in my opinion) great for teens and wider feet.

I originally found these marvellous designs many years ago whilst reading through my favourite Oprah Magazine and am delighted to see that they have been re-featured in 2021.

I trust that the information here has been of use to you. We welcome your feedback and the clinic would be happy to answer any queries on 02083679292. Thank you.

*Emma Supple*

Miss Emma Supple  
Clinical Director of Supplefeet

Rose Gold & Silver &  
Plum coming  
Spring 2021!



Featured in Oprah's Magazine Feb 21

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## Supplefeet Returns Policy for Yoga Sandals®

Thank you for your purchase of Yoga Sandals™. We hope that you are happy with your purchase. Please make sure you read our product information leaflet to get the most out of your Yoga Sandals®. However, if you are not completely satisfied with your purchase for any reason or receive faulty or damaged goods you may return your products to Supplefeet. Please see below for more information on our return policy.

### Returns and Cancellations

In the unlikely event that you receive faulty or damaged goods, we must be notified within 48 hours of the delivery date. You may also cancel your order in accordance with your rights under the Distance Selling Regulations. Under the Distance Selling Regulations, you have a right to cancel your order for any item purchased on this website within 7 days of receipt of goods, for a refund.

To cancel, you can contact us within 7 days of delivery of your items, quoting full details. All returned items must be returned unopened and in 'as new' condition, with all the original tags and labels attached. We unconditionally reserve the right to deny refund if the products are not returned in 'as new' condition.

### Returns Process

To return an item, place the item securely in its original packaging and return the item to Supplefeet:

Supplefeet Ltd  
13 Genotin Terrace  
Enfield  
EN1 2AF

### Refunds

After receiving your return and inspecting the condition of your item, we will process your return or exchange.

If your goods have not been dispatched when you cancel your order, we will arrange for a refund to the card you used to purchase the goods. However, if your order has been dispatched, you will be charged for the cost of carriage on the original delivery.

### Questions

If you have any further questions, either about the products or about our returns policy, please do not hesitate to contact us by phone on 020 8367 9292, by email at [info@supplefeet.com](mailto:info@supplefeet.com) or visit us instore.

We do hope that you enjoy your Yoga sandals, making use of them both indoors and outdoors.



Miss Emma Supple FCPodS FCPM FFPM RCPS (Glasg)  
Clinical Director and Consultant Podiatrist

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