



medi

A new care range for your feet
that will leave them feeling
silky soft and smooth

Your medi 'feel good' programme

Soothing and beneficial effect
Easy to use
Gentle yet thorough care

medi. I feel better.



I feel really comfortable in my skin!

Isn't it nice when you can say that. Smooth, healthy, skin is important for our well-being and our health as a whole.

The skin is the human body's largest and heaviest organ with a surface area of about two square metres and a weight of ten kilograms. And it is a true marvel. It forms the protective barrier for our body and safeguards us against external influences.

But the skin does a lot more than just that: the nerve endings in the skin ensure that we can sense cold and heat and react to our surroundings. It also regulates the body's temperature balance. Furthermore, the skin is interlaced with blood vessels, sweat and sebaceous glands. These regulate the body's temperature balance and thus protect us against overheating and from becoming too cold.

Patients with venous disease often have sensitive skin. However, with medi's help, it is really simple to care for and preserve our "protective shield", the skin. People with very sensitive skin or those who are susceptible to allergies are also well advised to use medi skin care for their legs and feet. The high-quality ingredients are matched exactly to the sensitive needs of patients with venous disease.

Pamper your skin for a few minutes every day, prevention and care - for a relaxed, vital sense of well-being.

What you should know about your skin

Radiant, healthy skin is important.

Why is the skin a special subject for patients with venous disease?

Venous disease impairs the blood circulation and thus the skin's natural balance. The more pronounced the venous disease, the less moisture the skin can store. It is pressed out of the deep skin layers up to the surface where it evaporates. The skin loses its natural moisture balance which results in it becoming thinner and thus losing its elasticity.

Compression garments help your skin.

The stocking helps to accelerate the blood circulation, which improves the supply to the skin and restores its natural balance. What's more, the surface compression is comparable with a mini-massage for the skin and the upper tissue layers. It is important that the selected compression garment is specified as air permeable and active breathing and that the moisture is quickly transported to the surface. This is guaranteed by Clima Comfort*, which is contained in all mediven products.

* proved in scientific tests by the independent institute IFTH (France, 2010).

The right care for your skin

Alongside the choice of compression garment, special skin care plays an important role in compression therapy – from both the cosmetic and the medical point of view.

But skin care during the day differs from skin care at night. During the day, the skin needs to be cooled and refreshed, while the aim of skin care at night is to promote the regeneration of the water balance and calm the upper skin layer. According to a new study by the Ruhr University in Bochum, Germany, skin care is an important element in successful compression therapy. That is why it is recommended to take regular care of your skin with suitable products.

Please note: standard care products can damage the material of your compression garment, with the result that the optimum success of treatment can no longer be guaranteed. With the medi care range for your skin, you can be certain that only well-established and high quality active ingredients are used that are compatible with your compression garments.

* Reich-Schupke, S. et al. (2009): Quality of life and patient's view of compression therapy, in: Int Angiol, 28

High quality active ingredients our medi care range

Hamamelis Virginia:

The active substance in this medicinal plant is known for its action to seal blood vessels.

Horse chestnut:

This medicinal plant restores the venous system's elasticity by strengthening the vessel walls.

Menthol:

For pleasant cooling and freshness.

Jjoba oil:

The oil of the jjoba plant soothes and regenerates the skin. It has an antimicrobial action (i.e. it inhibits the growth of bacteria)

Urea:

This rich active substance promotes healing and binds moisture. So even extremely dry skin becomes smooth and supple.

Hops:

The anti-inflammatory power of hops soothes and it has antimicrobial effects (i.e. it inhibits the growth of bacteria).

Marigold:

Has anti-inflammatory effects and helps wound healing.

Panthenol:

Moisturises and promotes wound healing.

Pumice stone:

With its natural gentle peeling function, feet become soft and silky smooth.

Care experience for all the senses

The skin care classic from medi for your daily well-being.



medi day – care gel for day time use

For that fresh feeling all day long.

- Reduces the feeling of tension and reduces sensitivity of the skin.
- Horse chestnut for firmer vessel walls.
- Menthol refreshes and witch hazel stabilises the tissue structure.

Use medi day directly before putting on the compression garments and let the day begin!

50 mL tube/150 mL tube



medi night – night care cream

To soothe and rejuvenate your skin during the night.

- Promotes regeneration of stressed skin.
- With jojoba oil – for a soothing action on the outer skin layer.

Apply medi night after taking the compression stockings off – for a relaxing night's sleep.

50 mL tube/150 mL tube



medi fresh – cooling spray

The refreshing kick whilst out and about.

- Menthol gives your skin a cooling sensation.

Easy to use: spray directly on to the garment at any time and enjoy the soothing effect immediately.

100 mL bottle



medi soft – gentle foam

Moisturising skin care around the clock.

- Horse chestnut tones up the vessel walls and urea (10%) makes your skin smooth and supple.
- The foam is absorbed quickly and completely.
- Provides additional grip for compression stockings with a topband.

Simply apply in the mornings and evenings and pamper your skin with extra moisture.

125 mL can



New:

The medi feel-good programme for your feet

Carefully selected natural ingredients calm, pamper and care for your feet. Old skin is gently removed. Treat yourself to a high standard of relaxation and care – a short break for body and soul.



medi novee – relaxing footbath lotion

Sink into your relaxing feel-good bath.

- Enjoy the soothing and relaxing effect.
- Hops soothe, relieve inflammation and pamper your feet.

Relax your feet for 10 minutes every day – the short break for body and soul.

150 mL bottle



medi smooth – natural foot scrub

Experience a foot massage and scrub away dead skin cells for soft, silky skin.

- The finely ground pumice stone gently removes old skin from the heel and balls of the feet.
- You will notice how your feet will feel smooth and soft to touch.

Apply to moist skin once or twice a week and gently massage it in, rinse with warm water.

150 mL tube



medi blando – intensive care

The pure care experience for your feet.

- The 15% urea content makes blando the effective highlight when caring for your feet.
- It provides your feet with moisture and intensive care.
- Panthenol and marigold heal wounds and relieve inflammation.

Massage medi blando into your feet each evening.

150 mL tube

medi textile care

Gentle care for the daily wash without a washing machine



medi spot ex

The clever solution for stain-free compression garments

Use before the wash, the spot removal stick medi spot ex removes shoe marks from the garment's toe or heel.

15 mL roller



medi clean

For the easy care of your compression garments - anytime, anywhere

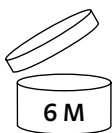
The special washing liquid is specifically compatible for use with compression garments, cleaning with the utmost care.

150 mL tube

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Your benefits at a glance:

- protects the colour of your compression garments
- cleans them gently
- simple to use
- odourless
- dermatologically tested



The medi care products do not have a use-by or expiry date. They are marked with an "opened tub" and a month. This means that once the tube has been opened and the contents are being used, the product should be used up within the next 6, 9, or 12 months. This symbol is also used, for instance, for shower gels.

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