

## How would you feel about putting your feet into a tank with 150 hungry flesh eating fish?

As new beauty treatments go, this is definitely a scary one, but once you have seen the results you will be willing to go for a dip with Jaws.

Hearts Health Club in Crosby is one of the first spas in the UK to offer the new treatment where the tiny toothless fish eat away dead skin and leave you with baby soft feet.

The sensation is like dipping your feet into a bath of champagne. The mini chiropodists nibble away the hard skin on you feet and it feels like tiny bubbles bursting on your skin.

The 'Doctor fish', so named for their ability to produce healthy glowing skin on even the driest of feet, hail from Syria, Iraq and Turkey and are around 5cm long.

The painless procedure lasts for 15 minutes and the tanks are filled with warm water to make the treatment even more enjoyable and relaxing, the only slightly strange sensation you may have is one of the little fish swimming in between your toes, which tickles a little but isn't a high price to pay for super soft feet.



The fish also stimulate acupuncture points, which helps regulate the nervous system.

Sales and fitness manager Debbie Jones said: *"It is completely pain free and the results are amazing. Just 15 minutes in the foot spa and your feet really are extremely soft and smooth. I'm getting addicted to it."*

*"It is fantastic for people with skin conditions, especially eczema and psoriasis."*

You can book in with a

friend as the spa currently has two fish tanks next to each other and with Christmas just around the corner now is the best time to get party perfect feet.

The women only spa offers treatments for members which cost £8 and £10 for non members.

**To book your appointment call Hearts on 0151 924 0004. The spa is located at 5-11 Little Crosby Road, Crosby L23 2TE**