HOW TO GET THE MR. FUSS TREATMENT RIGHT

The CALLUS CONTROL CONCEPT. Remove callused skin and cuticles gently. No filing, no rubbing, no cutting.



manual.mrfuss.com

BASICS

Foreword

Well-kept feet without filing.

Dear customer,

thank you for trusting the products of Mr. Fuss, and a warm welcome to the world of quite exceptional body care.

Look forward to the many advantages of removing callused skin and cuticles without cutting or rubbing. Thanks to this gentle method, rough balls and heels will soon be a thing of the past for you too, and you will no longer have to put up with calluses spreading over ever larger areas.

Before you begin, I would like to ask you to read the following pages carefully. We describe in detail what matters during the treatment. You will understand the principle and learn what to pay attention to. Although it really is very simple, the particular handling makes our method feel a little unusual to some people at first.

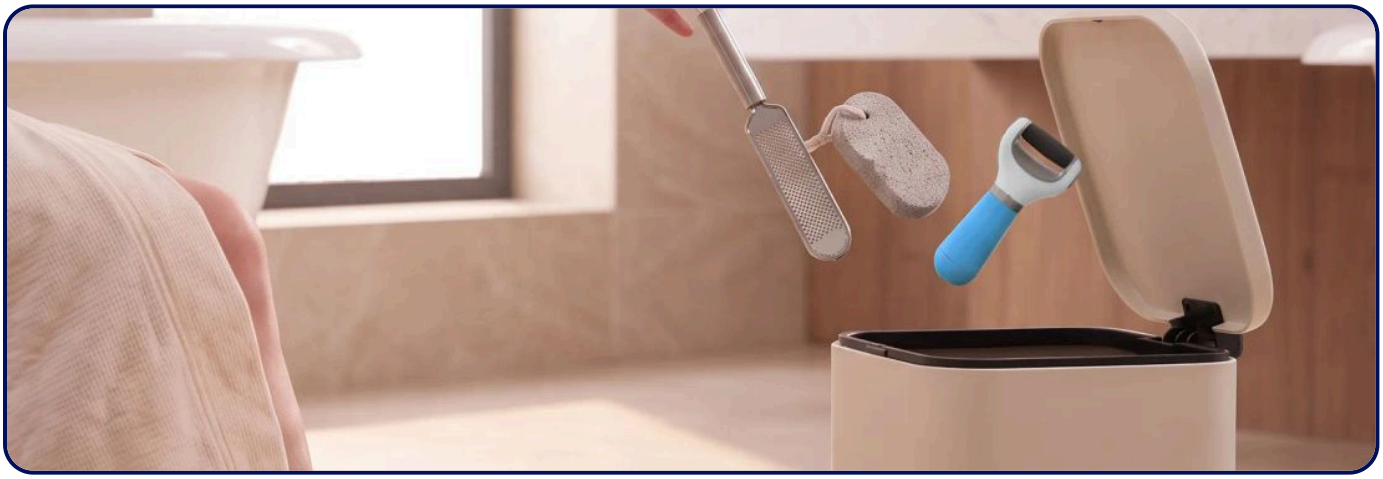
I promise you, success with this treatment is neither a matter of skin type nor of luck. Because of the chemical processes involved, it genuinely works for everyone.

If you follow this short description, you can count on a good result from the very first treatment.

Wishing you much pleasure with the care products from Mr. Fuss

Arwin Dustdar
CEO / Mr. Fuss – SENANA Cologne

The concept



The CALLUS CONTROL CONCEPT, our method of gently removing callused skin and cuticles, is based on a very simple principle. The method is standard in Asian countries, and we have been developing and refining it since 2002:

The keratolytic (horn-dissolving) solutions from Mr. Fuss soften callused skin and cuticles within minutes. In that state they can be removed very gently, simply by pushing them away with a blunt scraper.

This means there is no longer any need to rub, file or even cut in order to remove callused skin or cuticles. Not only does this spare our users the risk of injury, above all it avoids the usual unwanted side effects of conventional methods.

Ordinary tools are rough or sharp, and using them usually roughens the healthy skin around the treated area, which in turn leads to more callused skin and cuticles overall.

Much like the yo-yo effect of a diet, conventional callus removal often ends up producing more callused and rough skin, instead of the lasting improvement you were hoping for.

Not so with Mr. Fuss. No filing, rubbing or cutting means the best possible prospect of finally soft, smooth hands and feet.

Please note

The method has many advantages, but it is not a miracle cure. Although you will remove a considerable amount with the very first treatment, several treatments may be needed to remove it completely, depending on how much callused skin there is.

You will get the best result by removing the callused skin layer by layer with this gentle method. If you have a lot of it, start with one treatment every 1 to 2 weeks. That way you reduce it layer by layer. After a while one treatment every 1 to 2 months, or even less often, will be enough.

Care for your healthy skin regularly. That supports the lasting effect and does a great deal to delay new callused skin or cuticles from forming. Use the care products from Mr. Fuss not only after a treatment but regularly in between, because they support the skin's natural functions. Regular care with the Mr. Fuss creams is an essential part of a successful treatment.

Getting ready



Cold or damp skin reduces the effect of the solution. Warm your skin if needed, for example on a radiator. Let your hands or feet air-dry before the treatment. For the same reason, please do not wash or moisturise them beforehand.

So that the treatment works the very first time:

1. Take your time, especially the first time.
2. Get everything ready, during the soaking time you will not be able to move around much.
3. The first time, treat one foot after the other.

Everything you need should be within reach. Find a comfortable spot where you can stay for the next 30 minutes or so, for both feet.

Besides the products, keep water for rinsing and a towel ready, for drying off and to catch any splashes.

Not every Mr. Fuss set contains the full accessories. You can also do the treatment with ordinary cotton wool and, to begin with, use the back of an old kitchen knife or a similarly blunt edge to remove callused skin.

FEET: REMOVING CALLUSED SKIN

The solution softens callused skin within minutes. After that it simply pushes away with a blunt scraper.

approx. 30 min. for both feet · 10 min. soaking time · 5 steps

Before you start

- Cold or damp skin reduces the effect. Warm your skin if needed and let it air-dry.
- Do not wash or moisturise your hands and feet beforehand.
- Put water for rinsing and a towel within reach. During the soaking time you will not be able to move around much.
- The first time, treat one foot after the other.



1 Apply the solution

Take a thin layer of cotton wool, hold it against the area you want to treat and then soak it with the Mr. Fuss solution.

Press the damp cotton wool lightly onto the skin. Use the bottle cap for this, that way you avoid getting the solution on your fingers.

If the solution has been applied correctly, you can see your skin shimmer through the damp cotton wool. If you cannot, you have used too little solution or the cotton wool is too thick.

Tip: Pull the cotton wool apart into layers as thin as possible. It only needs to hold the solution against your skin, not soak it up. The thinner the cotton wool, the less solution you will need.



2 Let it work

Once the cotton wool on your skin is soaked with the Mr. Fuss solution, let it do its work. On feet the solution should act for around 10 minutes.

If you like, just put your feet up and relax.

Tip: After the soaking time the cotton wool should still be damp. If it has already dried out, wet it again lightly with the solution and let it work for another 2 minutes. Leaving it longer without re-wetting does not improve the result, because the callused skin starts to dry out again.



3 Push it away

Now take the cotton wool off. The softened skin comes away easily, simply by pushing, without any force.

Run the scraper gently over the treated area a few times, until no more skin collects on it.

Tip: Not every Mr. Fuss set contains the full accessories. To begin with you can use the back of an old kitchen knife or a similarly blunt edge.



4 Rinse off

Once you have removed the callused skin, rinse the treated areas briefly with clear water.

Tip: It helps to keep a bowl for a foot bath and perhaps a jug of water right where you are working.



5 Moisturise

All that is left is to moisturise the skin, and the treatment is finished.

Please do not underestimate this step, it is part of what makes the treatment last and work well. Mr. Fuss has the right care cream for aftercare and regular use.

Tip: We recommend regular care, not only after a treatment. If you have no Mr. Fuss cream at hand, use another one.

HANDS: REMOVING CUTICLES

The same principle, but shorter soaking times.

2 to 3 min. soaking time · 3 steps

Before you start

- Skin is dry and warm, do not wash or moisturise beforehand.
- Finish one hand completely, then do the other.
- If you are new to this, start with just 1 or 2 fingers to get a feel for the method.



1 Apply and let it work

For cuticles, follow the same principle as for callused skin. So apply the solution to the cuticles over the cotton wool.

Here the soaking time is much shorter, around 2 to 3 minutes.



2 Remove

After the soaking time, take the damp cotton wool off and gently push the cuticle away with one of the Mr. Fuss instruments or, for example, a cuticle pusher.

Tip: Always push away from the nail bed, never towards it. That keeps dirt out of the nail bed.



3 Care

Then simply rinse your fingers with water and apply a suitable cream. Mr. Fuss has the right care products for this too.

NOT WORKING?

Mr. Fuss works, guaranteed. But just as yeast needs the right conditions to rise when baking, there are a few things you have to get right for our solution to do its job.



Not too cold

Neither the callused skin nor the solution may be too cold, and the skin has to be dry. Bring the solution and your skin to room temperature and make sure the skin is dry.



Damp skin reduces the effect considerably

Do not wash the skin before the treatment, and let sweaty skin dry first.



The skin and the solution need contact

If only a few drops actually reach the callused skin, nothing can happen. Make sure enough solution really reaches the skin and can act on it for several minutes.



Do not leave it on too long

Not even with heavy calluses. The solution softens the skin, and once softening peaks the skin dries firm again. Stick to the times given.



Callused skin is like a sponge

For the Mr. Fuss solution to soften it, the solution has to get into the structure. Heavy calluses soak up more solution. If the skin and the cotton wool dry out during the soaking time, wet them again.