Fall 2026



Barefoot Medical Spa

FROM THE GROUND UP – PODIATRY –

603-583-5516

www.fromthegrounduppod.com/spa/

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STEP INTO FALL AND SELF-CARE AT BAREFOOT



Our specialty pedicures will soothe your soul and ready your feet for winter shoes and boots.

Our reflexology services bring a deeper level of calm and restoration for your body

Our healing skin care from Legacy will relax and beautify you.

Join us at Barefoot - for a new you this fall

Step into total relaxation with reflexology at Barefoot Medical Spa. Reflexology applies targeted pressure to specific points on your feet that correspond to your entire body's wellness. This deeply restorative therapy melts away anxiety, improves circulation, and brings the body into balance.

Legacy Wellness at Barefoot offers personalized skincare and wellness treatments in a relaxing, welcoming setting in Stratham, New Hampshire. Our treatments blend nature and science, combining professional skincare with restorative techniques and our own ShellaBella natural skincare line to support healthy, glowing skin. From customized facials and dermaplaning to body treatments and reflexology, each service is thoughtfully designed to help you relax, recharge, and feel your best. At Legacy Wellness, self-care is more than a treatment—it's time intentionally set aside to restore, refresh, and reconnect.

FEATURED ARTICLES

World Arthritis Day: Is Arthritis Causing Your Foot or Ankle Pain?

October 12 is **World Arthritis Day**, a time to raise awareness about arthritis and how it can affect everyday movement and quality of life. While many people associate arthritis with the knees, hips, or hands, it can also affect numerous joints throughout the feet and ankles.



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Halloween Costume Hazards That Can Lead to Foot and Ankle Injuries



Halloween means costumes, parties, trick-or-treating, and plenty of time on your feet. Whether you are dressing up for a Halloween event or helping your kids get ready to collect candy, the wrong costume choices can increase the risk of trips, falls, blisters, and foot or ankle injuries.

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RECIPE OF THE MONTH



Recipe courtesy of tornadoughalli.com

What's Happening in and Around Stratham, NH

October 31 - November 1

Fall Harvest Festival Closer at Applecrest Farm Orchards

Hampton Falls, NH

November 26

2026 T4G (Thanks for Giving) 5k/10k

Exeter, NH

December 2 & 3

28th Annual Festival of Trees

Exeter, NH

December 18 & 19

A Christmas Carol, A Live Reading

Newmarket, NH

December 20

Portsmouth Symphony Orchestra Family Holiday Pops

Portsmouth, NH

MEET OUR DOCTOR



DR. JIM DOLAN
PODIATRIST

MEET OUR STAFF



Learn More About Us

REQUEST AN APPOINTMENT TODAY!

CONTACT US →

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