

www.leguano.eu



**natural.
barefoot.
leguano.**

Knee, hip or back trouble?



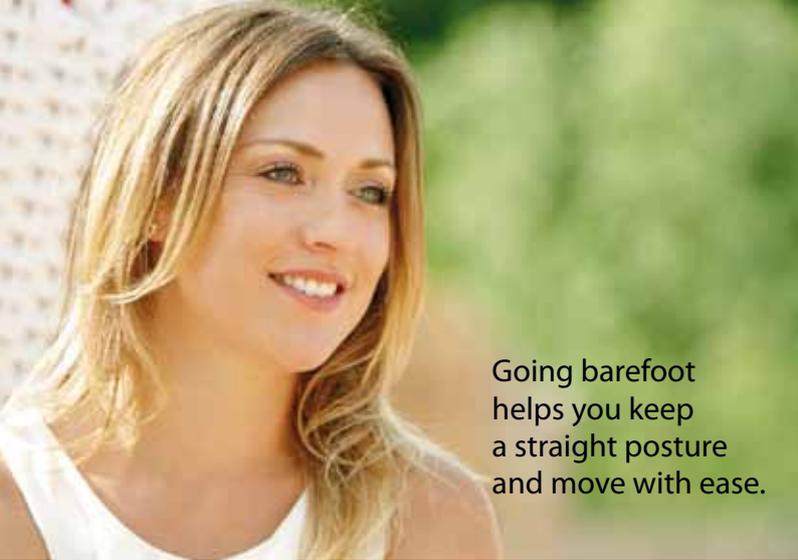
If you want to move without pain or injury, going barefoot is the only option.

The rigid sole of a shoe acts like a plaster cast condemning your foot muscles more or less to complete inactivity. This often results in flat, skew or splay feet, fallen arches, hallux valgus or misalignments of the entire locomotor system. And it also has a harmful effect on the joints, in particular on your knees, hips and back.

Patented, lightweight and flexible **leguano**®'s support and help your sensitive feet to go naturally barefoot. Aches and pains often vanish already after a short period of time. With every step your toes will be activated in the movement, enabling your entire body to engage in the walking process. Cold feet – confined and immobile in shoes – are a thing of the past.

With **leguano**®'s you can go barefoot but will still be protected.

Barefoot, the road to better health !



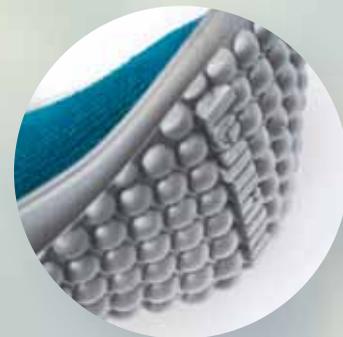
Going barefoot helps you keep a straight posture and move with ease.



Barefoot the road to better health and well-being

- Give your feet a new sense of freedom
- Rediscover a natural way of moving
- Feel the ground under your feet
- Experience the ease of walking naturally
- Simply go barefoot!

Leguano®s are patent-protected



natural. barefoot. leguano®.

leguano®: no frills design - healthy and kind to your feet, thanks to a high-quality upper material by KUNERT and a sole that meets the criteria of toy safety standard DIN EN 71/9.



leguano® the barefoot shoe



orange



navy



primera



red



business

Model: primera
also available in
special size 3XL (48-49)!

barefoot-leguano® PREMIUM
available in the following sizes:

XS (36-37)

S (38-39)

M (40-41)

L (42-43)

XL (44-45)

XXL (46-47)

XXXL (48-49) Modell: primera

**Made in
Germany**

Upper material:

67% virgin wool

21% polyamide

2% polypropylene

8% cotton

2% elastane

leguano® the barefoot shoe



ballerina

leguano® ballerina

available in the following sizes:

XS (36-37)

S (38-39)

M (40-41)

L (42-43)



sneaker sand



sneaker black

Walk on air this summer

The upper material of the **leguano® ballerina** and **leguano® sneaker mesh** consists of a patented, high-quality KUNERT yarn.

Washing Instructions

Wash by hand or in a washing machine at 40°C, do not use fabric softener, do not spin-dry.



leguano® sneaker mesh

available in the following sizes:

XS (36-37) S (38-39) M (40-41)

L (42-43) XL (44-45) XXL (46-47)

new

leguano®s - with an 'it' factor



leguano®s are easy to slip on and off. The non-skid sole will give you a secure footing on any kind of surface, be it parquet, tiles or ceramic floors. And your sense of balance will improve - helping you to avoid falls.

Joy of life - joy of motion

leguanitos



turquoise



blue



orange



pink

leguanito - helping your child to develop naturally

Still in the development process, children's feet need space and freedom to grow. Shoes often force little feet to move in an unnatural way. Children learn to walk by going on tiptoe and trying their first steps. Barefoot, children also walk economically: inclined forward, without moving up and down.

leguanitos

available in the following sizes:

22-23, 24-25, 26-27

28-29, 30-31

32-33, 34-35

The upper material of the **leguanitos** consists of a patented, high-quality KUNERT yarn. (Tested for harmful substances, non-toxic). The sole is made of skin-friendly and wear-resistant LIFOLIT® and meets the criteria of toy safety standard EN71/9.



Barefoot right from the start!

- **lequano**® shoes - like going barefoot
- Experience a new and unforgettable way of running naturally
- Move silently, enjoy nature again
- Strike with the forefoot or whole flat foot and not your heel!
- Start slowly to get your neglected muscles used to their new tasks



Natural running - more than just a trend



For a healthier lifestyle

Health takes centre stage

Going barefoot with the novel and patented **leguano**® is fun and a great way to enhance your well-being. Discover natural barefoot walking and enjoy a completely new awareness of your body.

Walking barefoot activates a multitude of nerve endings in your feet. This means: You get a free foot reflexology session with every step! This will energise and reinvigorate your whole body. Your posture will be more upright and a host of hitherto more or less inactive muscle groups will be activated and engaged in the movement process.

Going barefoot regularly can help alleviate the following complaints thanks to a natural way of moving:

- Headaches and migraine
- Insomnia
- Foot and joint misalignments
- Muscular imbalance
- Vein complaints
- Backache

So: go barefoot wherever you can, whenever you can, at every opportunity.



Simply roll up your **leguano**®s and squeeze them in anywhere

natural. barefoot. leguano®.

leguano® - der Barfußladen

in more than 20 cities in Germany

leguano®
the barefoot shoe

Made in Germany

leguano® GmbH

Schlossstraße 7
www.leguano.eu

D-53757 Sankt Augustin
Email: info@leguano.eu Tel.: 0049 (0) 22 41-93 20 480