LEGUANO

BAREFOOT TO BETTER HEALTH



QUALITÄT
MADE IN
GERMANY

DIE BARFUßSCHUH-
MANUFAKTUR

"BAREFOOT-NATURALLY!"

- Rediscover natural movement.
- Walk the same way our ancestors did.
- Feel the ground under your feet!

„Photo marion-michele-277282-unsplash"



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OUR FEET ARE OUR FOUNDATION – AND THE FOOT MUSCLES ARE THE ALPHA AND THE OMEGA FOR A HEALTHY POSTURE

"The foot is a work of art made up of 26 bones, 19 muscles and 107 ligaments. A work of art needs a frame, not a cage."
Leonardo da Vinci

However, many conventional shoes are just that: A cage that clamps and fixes our feet, contributing to atrophy of the muscles and reducing the mobility of the tendons and joints. The feet lose their strength, and therefore their function as a stable foundation of our body.

The consequences of this can be **skew foot, sunken arches, and flat foot, hammer toe, hallux valgus, splay foot** and **heel spur**. And higher up in the body there are **knee, hip and back problems**, and even **neck-ache and headaches**.



BONES

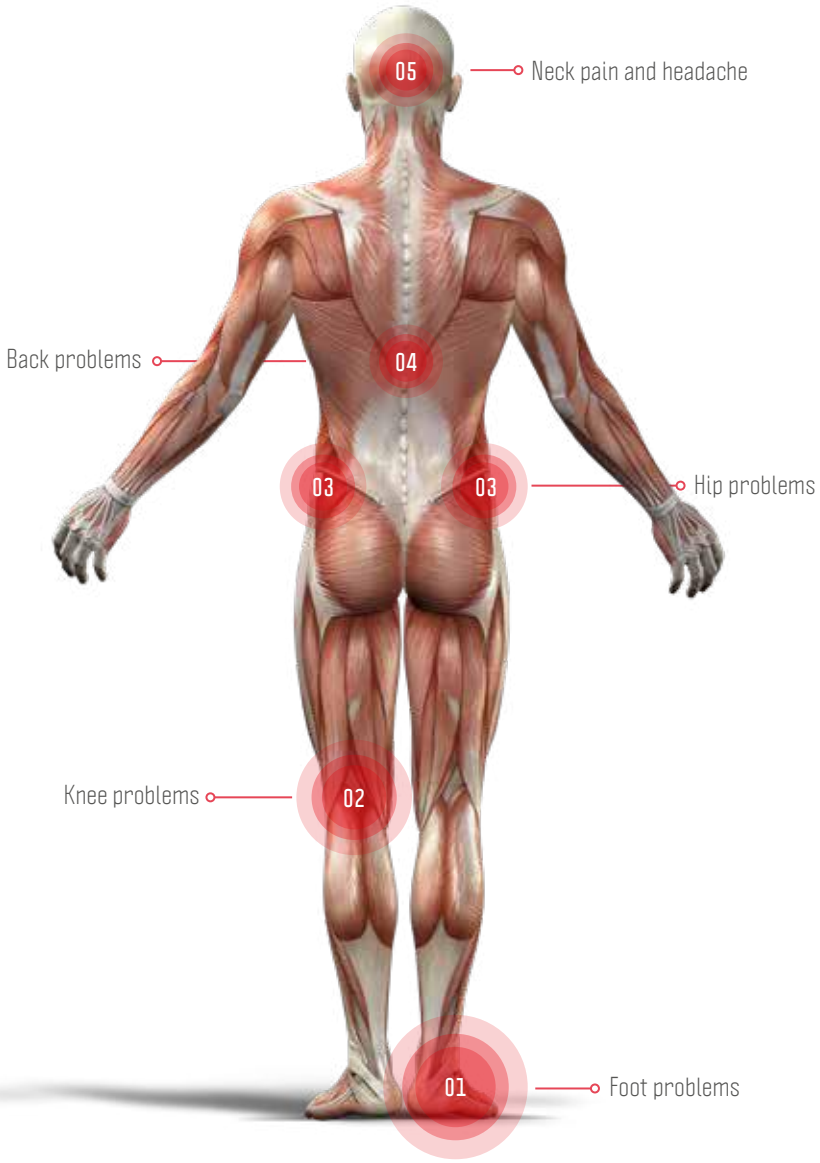


MUSCLES



LIGAMENTS

Few people worry about the health of their feet. If your foot muscles are well trained, this has positive effects on your entire body. One measure is simple to take: Walking barefoot. For many years, we have been providing our customers with background information on the barefoot philosophy and the effects of walking barefoot on the body. Walking barefoot is not a trend in our modern world, it is natural and original – what our ancestors used to do before us. What can we learn from our ancestors ? What is behind the natural barefoot movement ?



REDISCOVER NATURAL WALKING: MOVE THE WAY THAT OUR ANCESTORS DID

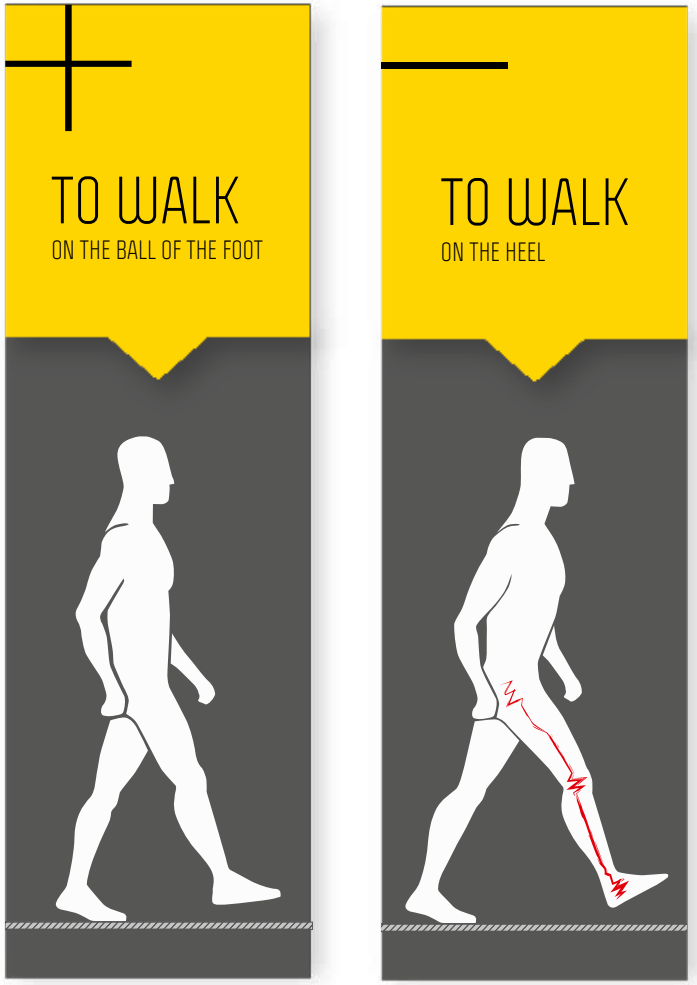
Walking and running is the easiest and most natural thing in the world. It keeps you fit and youthful, and keeps your entire musculoskeletal system healthy. But this only happens if we move naturally, that is, barefoot! Otherwise injuries often occur in the feet, knees, hips and back. Those who are affected by these injuries are aware of the pain, their limited mobility and the poor prognosis for healing.

Why are more than 500,000 knee, hip and back operations performed in Germany alone every year?

Time and time again, it turns out that information about the causes of these troublesome lifestyle diseases are either not recognised, or not correctly recognised. The explanation is quite simple. The most common cause is walking and running in shoes with a sole which is more or less stiff. This ensures that culturally, we use a walking style that has almost nothing to do with natural movement.

"How many people make their toes go crooked out of vanity by wearing shoes that are too tight! Sooner or later they will have to pay the bill for this vanity." ***Sebastian Kneipp***

Due to its inflexibility, the shoe's sole acts like a plaster cast to the foot, which means that nearly all the foot muscles "shut down". As a result, the muscles can no longer hold the foot in its original, three-dimensional shape, which is why the foot literally "collapses". The consequences are well known and are among the most common lifestyle diseases: Flat foot, sunken arches, skew foot and splay foot, hallux valgus (deformation of the big toe joint), and even heel spur and Achilles tendon problems. Our running and walking style also forces us to put weight on the heel, and with every step we cause shocks that can even be felt all the way up to the head. The heel under the shoes is intended to cushion this point load, but in turn it means the adverse shifting of your whole posture.



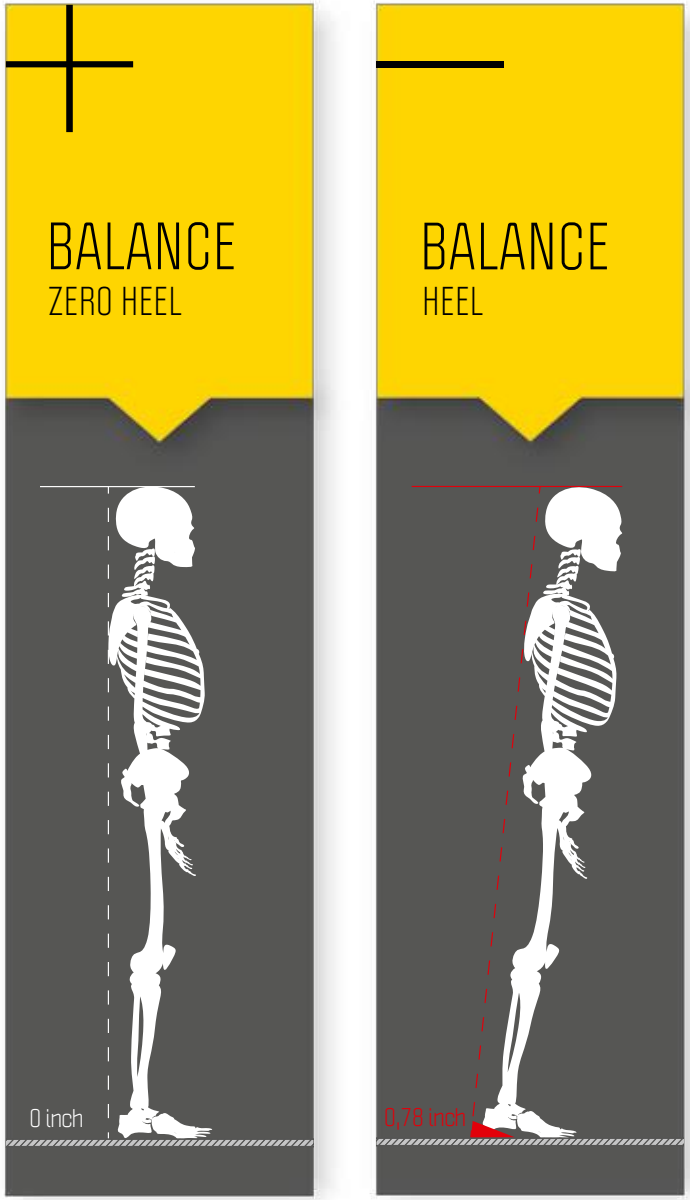
HOWEVER, NOW THE REAL PROBLEMS WITH OUR MUSCULOSKELETAL SYSTEM ARE JUST BEGINNING:

As the whole of the rest of the body is positioned over the foot above the lower leg, the point of contact of the lower leg in the ankle changes as the feet change. This in turn means that the lower leg is no longer in the correct position in relation to the knee. A good comparison here is the crankshaft of an engine: If it is shifted by a few fractions of a millimetre from the optimal line, this inevitably leads to increased engine wear, up to the well-known issue of piston seizure. Our body works in a similar and fairly comparable way. Muscles which should perform the task of dynamic and harmonic movements can no longer fully manage this task. The changed lower leg position hinders the way the muscles work, which medical science has diagnosed as "muscular imbalance".

The well-known consequences of this are joint wear (arthrosis), with years of pain leading to surgery and a new artificial knee joint. While natural movement can never cause joint wear, the change in the movement sequence almost inevitably leads to joint damage. What is "no longer correct" in the knee can also no longer be correct in the hip, because the faulty posture continues up through the entire musculoskeletal system. This is similar to a house built on swampy ground without a solid foundation. At some point, it will become lopsided and will no longer be suitable for living in.

The same applies to the hip: Firstly, there is almost unbearable pain, then osteoarthritis, until one day, one of your hip joints has to be replaced, followed by the other a few years later. As the biomechanics is completely "out of balance", this continues up the back – which is also nothing more than a sequence of joints – leading to common disease no. one: back pain and slipped discs.

In short: Our foundation, our feet, have largely become ineffective due to the wearing of shoes and the immobilisation of the foot muscles.



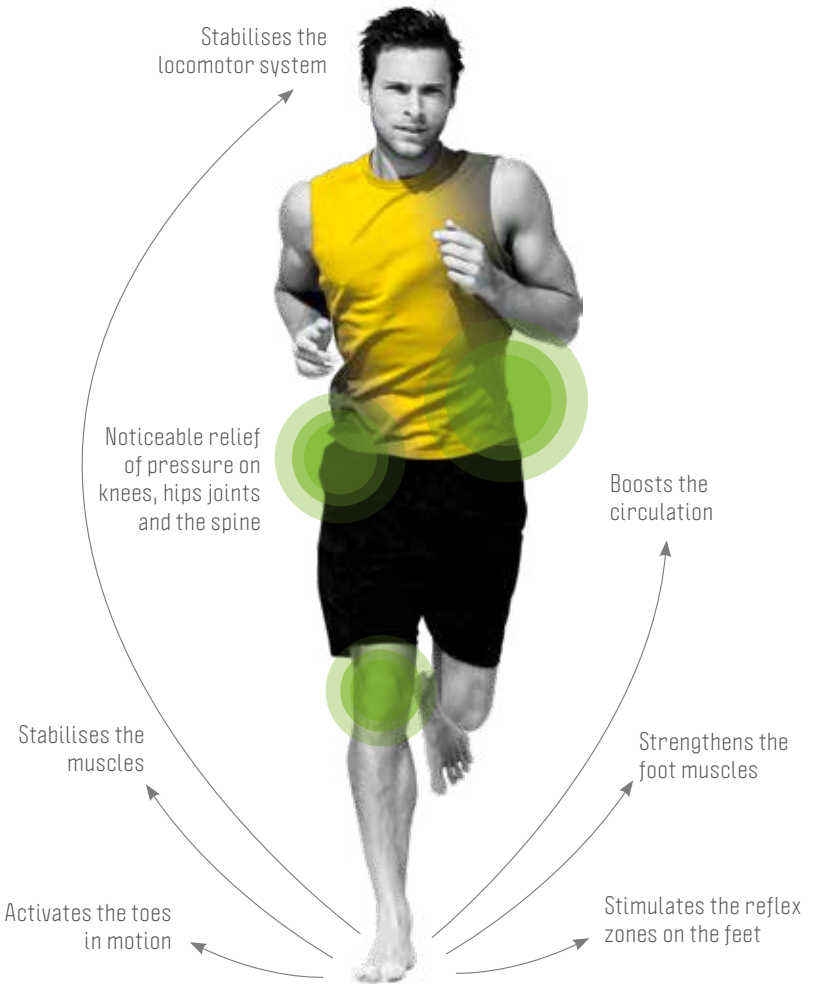
If you want to move in a healthy and pain-free manner, you should find your way back to natural movement, reactivate the foot muscles, and go barefoot as often as possible.

Advantages of walking barefoot:

- upright posture
- warm & relaxed feet
- active body sensation
- confident treading
- enhanced stability
- A new feeling when walking

"Walking is man's best medicine." ***Hippocrates***

Incidentally: If you want to go jogging barefoot, you should start with short distances and a very moderate pace. The muscles, ligaments and tendons first have to get used to these new tasks before they can develop their full potential. Muscle soreness will also appear in the first days and weeks, but this is always a good sign. This also applies to normal walking. A few minutes are enough to get you started. Sand, forest and meadows are particularly suitable for this.



"If you go barefoot, you'll feel no pressure from shoes."
Sorbian proverb

THE NATURAL WALKING STYLE

Natural barefoot running consists of a continuous sequence of tension and relaxation – with every step! To run barefoot, quietly set down the ball of your foot, or, at least, as far as possible, use the entire, flat sole of the foot, pushing away with the toes and not with the forefoot, fully straightening the knee, following through with the foot and setting the other, flat foot down again.



This running style can be observed very well in sprinters who do not have the luxury of accelerating their body even a millimetre upwards while running. This saves them the considerable effort that they had previously expended on the "bouncing technique". Closer contact with the ground also makes them significantly faster, gives them more stamina, and enables them to run without pain and injury, provided there are no restrictive, pathological findings.

If you want to test whether you walk in a way that is economical, and therefore natural, run while holding a cup of water. If you don't spill anything while walking, your walking style is the way nature intended for us humans: Economical, painless and injury-free !

THE NATURAL UNFILTERED FEEL OF BAREFOOT SHOES



WHY BAREFOOT SHOES?

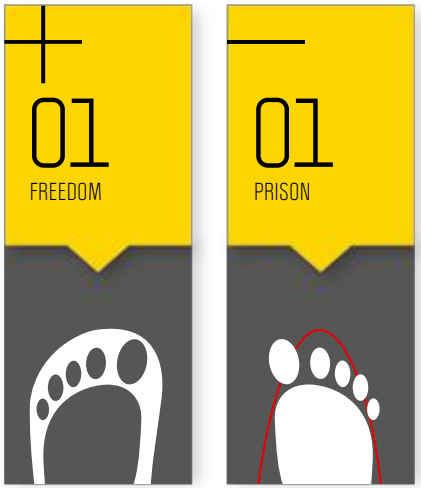
Our idea was to create a new type of shoe that enables the healthiest and most natural way of getting around – walking barefoot. Designed over several years of development, the barefoot shoe gives the foot full freedom of movement while protecting it with a low-wear, non-slip sole that adapts to every movement of the foot and its muscles.

The material of the sole is so resistant that even sharp and pointed objects are mostly safe. The upper material surrounds the foot securely and ensures that body heat is dissipated during movement and maintained during periods of rest. In addition to their use as running shoes, leguanos are used in all areas (both indoors and outdoors), in particular for children of running age and for senior citizens. High slip resistance on every floor type, combined with the strengthening of the foot muscles, enables movement without requiring the use of walking aids well into old age.

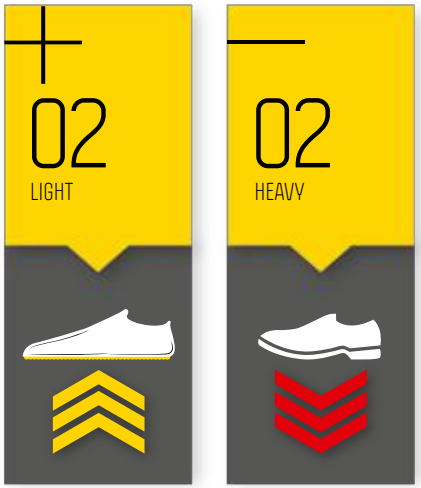
WHAT ARE BAREFOOT SHOES?

What's special about barefoot shoes: The wearer walks in shoes that enable them to walk barefoot while being protected. leguano produces shoes that restrict natural movement as little as possible, while at the same time making the feeling of walking barefoot a wonderful experience. Like having a barefoot feeling while wearing shoes.

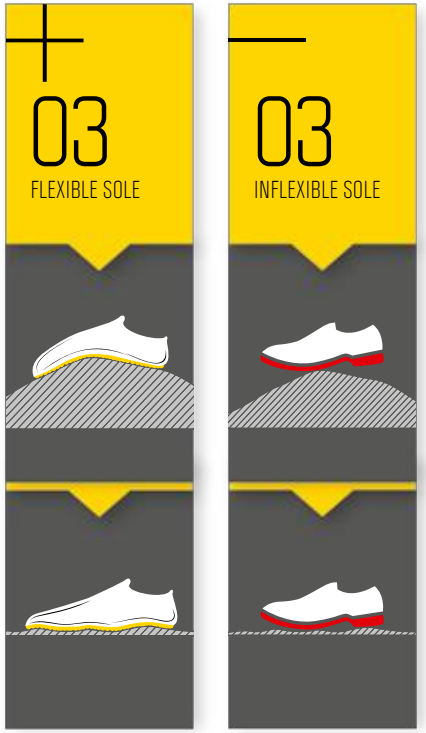
FEATURES OF BAREFOOT SHOES



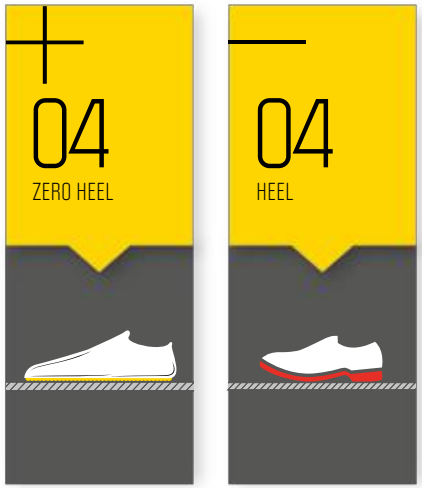
01 Freedom for the feet or toes
In order for the toes to have enough space in the shoe and move freely, workers at the barefoot shoe factory build width into the point of the shoe. This prevents squashing and blistering, and prevents deformation of the foot.



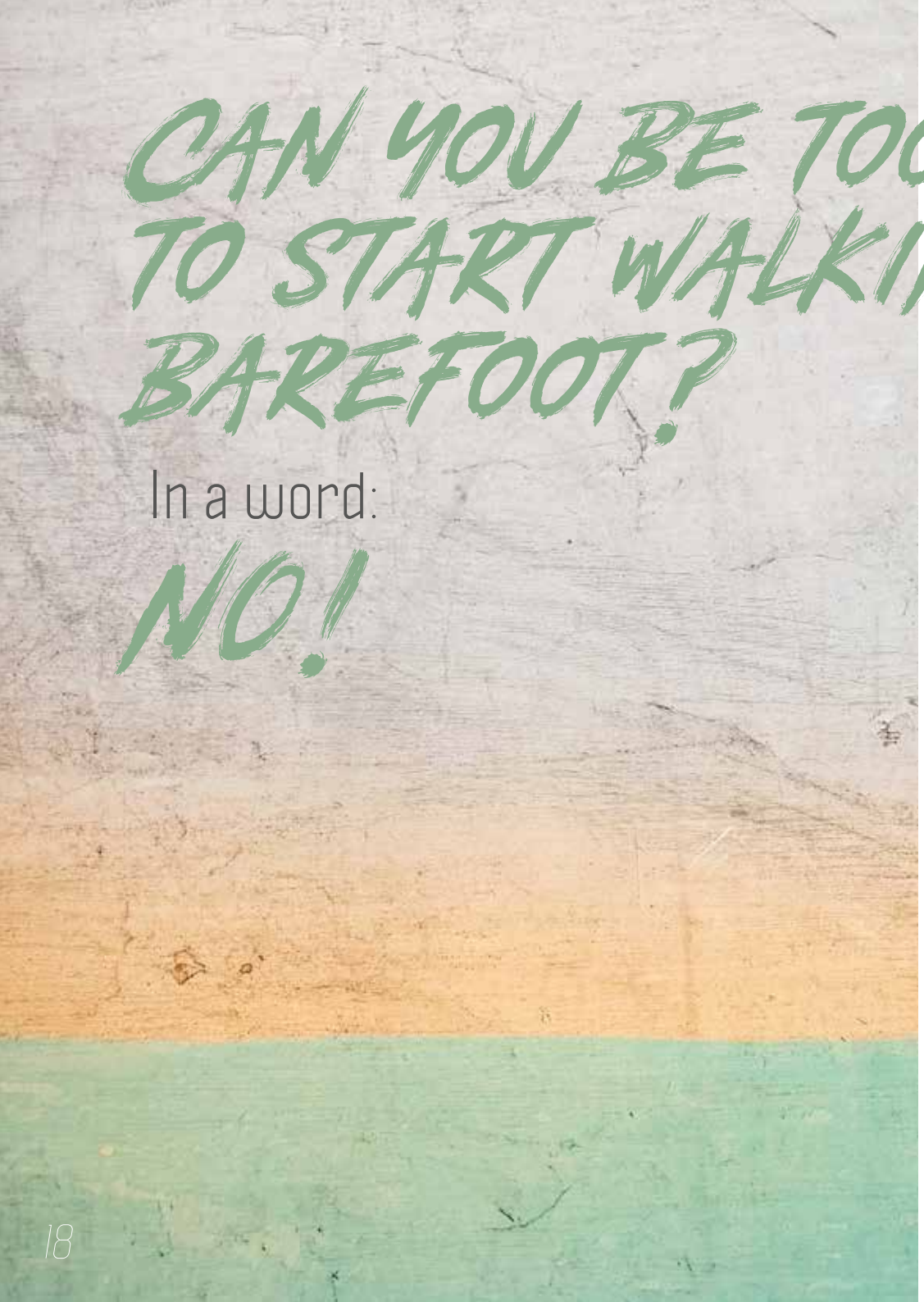
02 Light
Barefoot shoes are extremely light. On the one hand, this is reflected in comfort while running/walking and wearing them. On the other, they hardly take up any space in your luggage.



03 Flexible sole
The leguano sole is flexible in three dimensions and can adapt to the movement of the wearer. In addition, it is thinner than conventional shoe soles, making the barefoot feeling possible.



04 Zero heel
Barefoot shoes are made for walking and running, but not for 'walking in high heels'. That's why barefoot shoes have no heel. The missing heel is also called the zero heel or zero drop.



CAN YOU BE TOO OLD TO START WALKING BAREFOOT?

In a word:

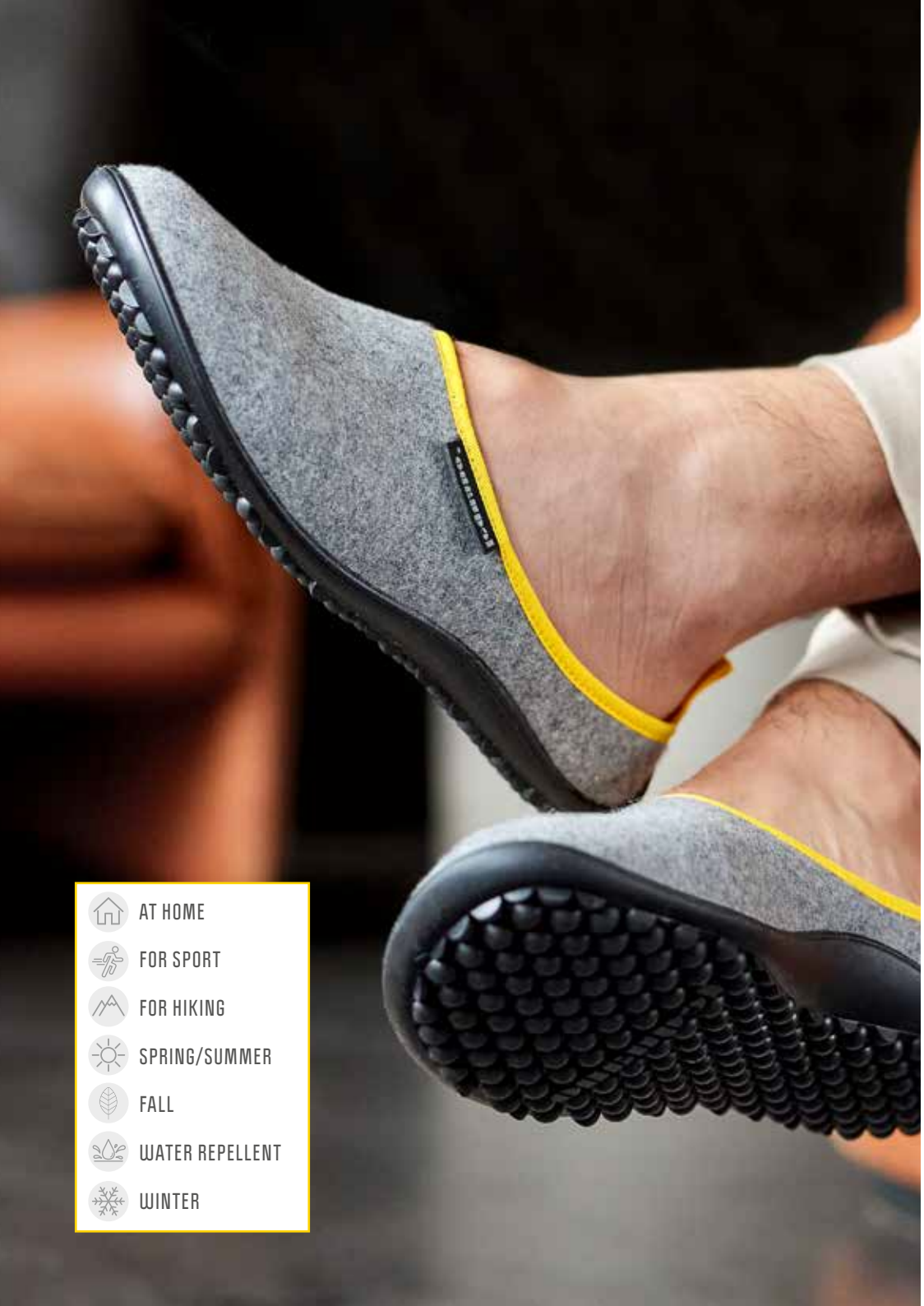
NO!

Conclusion

Walking or running barefoot is, rightly, all the rage, and is healthy. More and more people are discovering the positive effect on their mind and body. Going without shoes, going back to nature, strengthening the feet, the spine – this is good for the immune system and the soul. We are learning to feel more with our feet again. Walking barefoot revives the sense of touch in the feet and at the same time stimulates the reflex zones in the soles. This in turn affects the internal organs, as these are stimulated positively by the various stimuli of the foot reflex zones, which ultimately also affects the entire cardiovascular system. Walking barefoot is a good thing all round. It is best done from an early age.

Walking barefoot on a rougher surface places heavy stress on the soles of the feet. This results in our body forming hard skin. If you have these areas, you should be careful not to remove them too thoroughly, even though your foot may look nicer without them, because the hard skin reduces the risk of injury and makes the foot less sensitive to sharp objects. For beautiful feet, the dirty top layer of the hard skin can be removed by exfoliation. Then rub the sole of the foot thoroughly with a foot cream so that the skin remains soft and supple. The following generally applies:If you regularly apply cream to your feet, you protect them from small cracks and dry spots. Foot care therefore can and should be carried out all year round.

Anyone who hasn't walked barefoot for many years should take it slowly at first. This prevents overload symptoms. To start with, it is enough to go without shoes at home. If you can, extend your range of movement and take off your shoes when outside. In this way, your feet will get used to the new freedom of movement. It is important to pay attention to your own well-being and not to expect miracle cures, even with all the benefits.



LEGUANO ACASA





mint

Come home, get out of your leguanos, and into your leguanos: The wonderfully comfortable model for cosiness and comfort in your own home. The high wool content creates a comfortable fit to make sure your feet are pampered in the leguano manner you're used to at home too. Slip them on and feel good – from now on, you'll never have to take off barefoot shoes again.

leguano acasa **sizes: 36 – 47**

Material composition
Upper material: 60 % wool, 30 % polyester, 10 % viscose.
Details about the sole can be found on the last page.



LEGUANO AKTIV



red



sun yellow



lava black



lava black, black sole



anthracite, blue sole



polar white

This lace-up shoe is the barefoot shoe for those who love sporty and functional attire. Whether for work, leisure or sport, they offer active protection without constricting and are comfortable and practical to wear all year round.

leguano aktiv red **sizes: 36 – 49**
leguano aktiv sun yellow **sizes: 36 – 47**
leguano aktiv lava black **sizes: 34 – 49**
leguano aktiv anthracite, blue sole **sizes: 34 – 49**
leguano aktiv polar white **sizes: 36 – 47**

Material composition
Upper material (mesh): 90 % polyester, 10 % elastane. Lining: 100 % microfibre. Inner sole: 100 % microfibre.
Details about the sole can be found on the last page.

LEGUANO AKTIV ALASCO



The shoe provides ample foot room and is our ultra-comfortable, warmly lined model from the active collection for the cold season: these barefoot boots keep you cozy and warm even in sub-zero temperatures due to the 100 % wool lining. Their flexible and slip-resistant leguano sole allows you to walk feather-light on any winter terrain and supports the natural flow of movement. Walk like barefoot, even in winter.

leguano alasco **sizes: 36 – 47**

Material composition
Upper material (mesh): 100 % polyester. Lining: 100 % wool
Details about the sole can be found on the last page.

LEGUANO AMALFI



bianco

Made in Germany, inspired by Italy: the elegant lace-up model for women. This model dazzles with its premium design, which reflects nature and elegance at the same time. The amalfi offers unique comfort and looks incredibly chic at the same time. A real eye-catcher! The familiar flexible, thin sole provides that wonderful barefoot feeling and offers protection, while feet have maximum freedom of movement. The macrame pattern on top, with its sophisticated workmanship, is extraordinary, and gives the amalfi its unique look. Goes well with jeans, with casual leisure outfits or in the office. Casual and chic at the same time, a special barefoot shoe that offers a natural feeling and elegance in one. The perfect shoe – all year round.

leguano amalfi **sizes: 36–43, size 44 only in the online store**

Material composition
Upper material: 100 % polyester. Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.



LEGUANO BALLERINA



blue



pink



black



yellow



green



black, white fret

The colours will look attractive worn with a favourite dress and will also look great in combination with capri trousers or jeans! Just slip them on and get that feelgood factor.

leguano ballerina blue **sizes**: **XXXS – L**
leguano ballerina pink **sizes**: **XXXS – L**
leguano ballerina black **sizes**: **XS – XL**
leguano ballerina yellow **sizes**: **XS – L**
leguano ballerina green **sizes**: **XS – L**
leguano ballerina black, white fret **sizes**: **XS – L**

Material composition
Upper material: 60 % polyamide, 38 % lyocell (viscose), 2 % elastane. Details about the sole can be found on the last page.



LEGUANO BEAT



olive



sand



silvergrey



anthracite



black

The beat is our sport-casual trainer. Its dynamic design and perfect construction ensure great wearability. It's particularly popular with athletes because of its direct contact with the ground and the flexible sole. It's not only perfect for sports; it also looks great with jeans or workwear. Completely without metal parts such as eyelets, it is extremely easy to clean. The material mix finds the perfect synergy between sporty and smart, giving the shoe its unique look.

beat silvergrey, anthracite & black **sizes: 36 – 47**
beat olive & sand **sizes: 36 – 48**

Material composition
Upper material: 100 % polyester, Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.



LEGUANO CARE



leguano care is an ultra-lightweight barefoot shoe for carers and healthcare professionals. They provide a comfortable, natural feel during long shifts. The thin sole with hemispherical studs provides a firm grip, while the surface material and closed shape prevent the ingress of fluids. Disinfectable, washable, slip resistant, lightweight, and individually adjustable with Velcro fastening.

leguano care **sizes: 36 – 47**

Material composition
Upper material: 80 % polyester, 20 % PU. Inner material: 82% polyamide (52 % recyceled), 18 % bamboo.
Inner sole: 51 % polyamide, 49 % polyurethane. Details about the sole can be found on the last page.

LEGUANO CHESS



pepper

The leguano chess is a shoe for all occasions, whether indoor or outdoor activities. The elegant, sporty design makes this model an ideal everyday companion at leisure, at work or on holiday.

leguano chess **sizes: 41 – 47**

Material composition
Upper material /inner sole: 98 % polyester, 2 % elastane. Elastic band: 91 % polyamide, 9 % elastane.
Details about the sole can be found on the last page.

LEGUANO CHESTER



light black

The casual-look boots for colder days. The tall design with a high proportion of virgin wool ensures optimal footing and more warmth. Ideal for everyday life, at work, on holiday or in the city. The chester has a lot of volume in the front of the shoe and therefore provides plenty of space for the toes and ball of the foot. The material is extremely flexible and supple.

leguano chester **sizes: 36 – 47**

Material composition
Upper material: 50 % polyurethan, 50 % nylon. Inner material: 90 % polyester, 10 % elastane.
Inner sole: 51 % polyamide, 49 % polyurethan. Details about the sole can be found on the last page.

LEGUANO CLASSIC



blue



black

Where it all started … leguano learned to walk with the “leguano classic”. Suitable for all situations in life such as sports, leisure and work: this barefoot shoe proves to be versatile.

leguano classic **sizes: XS – XXL**

Material composition classic
Upper material: 53 % polyamide, 38 % lyocell (viscose), 7 % polypropylene, 2 % elastane.
Details about the sole can be found on the last page.

LEGUANO DEAN



black

This exquisite leather model is made of high quality and durable nubuck leather, gently tanned and extra finely buffed. For maximum comfort and well-being of the feet.

leguano dean **sizes: 36 – 48**

Material composition
Upper material: 100 % finest cowhide nubuck, gently tanned and finely polished.
Inner material and inner sole: Soft lining leather. Details about the sole can be found on the last page.

LEGUANO GO:



black



gold



white



grey



mint



maron

The go: is made of light and airy textile. This means feet enjoy full freedom of movement and direct contact with the ground. Contact with the ground is made possible by the slender and flexible sole that is just a few millimetres thick, which makes our barefoot shoes particularly supple and also ensures maximum sensory feedback, and thus a high degree of comfort. Every single shoe is a handcrafted, one-of-a-kind item, made in Germany.

leguano go: gold **sizes: 36 – 44**
leguano go: grey, maron & mint **sizes: 36 – 47**
leguano go: white & black **sizes: 36 – 48**

Material composition
Upper material: 100 % polyester. Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.

LEGUANO GO:



kiwi

This minimalist shoe gives you the range of motion you need for all daily challenges. It has a uniquely comfortable fit and is suitable in the office as well as for smart-casual wear. The sophisticated knitting pattern means that the fabric is breathable and creates a vivid effect through its design. A full range of motion is made possible by the only a few millimetres thick, flexible sole, which makes our barefoot shoes particularly agile and also ensures maximum sensory feedback. Feel barefoot - everywhere, all the time!

leguano go: kiwi **sizes: 36 - 48**

Material composition
Upper material: 100 % polyester. Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.



LEGUANO HUSKY



black

A totally natural barefoot feel, sensory feedback and cosy warmth all in one despite the winter: That's the husky! Thanks to their warm inner lining and extremely flexible and non-slip sole, these are the ideal fit for cold days. The husky is the perfect addition to a casual winter look.

leguano husky **sizes: 36 - 47**

Material composition
Upper material: 60 % polyester, 40 % polyurethan (water-repellent and breathable). Heel, lining and inner sole: 100 % polyester.
Details about the sole can be found on the last page.

LEGUANO ICEBARE



Barefoot with the icebare over hill and dale, in wind and weather: thanks to the robust upper material and the tried and tested leguano sole, your feet stay nice and warm as you move. Due to the inner lining, we recommend buying one size larger.

leguano icebare **sizes: 36 – 48**

Material composition
Upper material: 60 % polyester. Inner material: 40% polyamide. Inner sole: 100% polyester.
Details about the sole can be found on the last page.



Photo: tomasrodriguez.de

LEGUANO INSPIRO



This model is suitable for sports and comfortable to wear, the shoe is airy and above all light on the foot. The breathable upper material and the flexible, non-slip leguano sole ensure a high level of comfort and support the foot's complete freedom of movement.

leguano inspiro **sizes: 36 – 48**

Material composition
Upper material: 100 % polyester.
Details about the sole can be found on the last page.

LEGUANO JARA



bordeaux



yellow



black

The barefoot shoe that sets hearts astir. This sandal goes with all outfits and adds some great touches. The wide strap over the back of the foot can be adjusted using the Velcro closure, making the sandals extremely comfortable to wear. The familiar flexible, thin sole provides that wonderful barefoot feeling and offers protection, while feet have maximum freedom of movement. Quickly slip them on and you're ready to go!

leguano jara **sizes: 36 – 44**

Material composition jara bordeaux, black
Upper material: 95 % polyester, 5 % PU foam.
Velcro: 100 % polyamide.
Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.

Material composition jara yellow
Upper material: 95 % polyester, 5 % PU foam.
Velcro: 100 % polyamide.
Inner sole: 100 % cork.
Details about the sole can be found on the last page.

LEGUANO JARO



black

Discover the men's sandal from leguano: the elegant black and minimalist design make the jaro sandal the perfect companion for any occasion. The characteristic, ultra-flat sole from leguano offers excellent grip and ensures natural stability, whether in the city or out in nature. Thanks to the practical Velcro fastening, the sandal can be perfectly adjusted to the foot, ensuring unrestricted freedom of movement and a walking sensation as if you were barefoot.

leguano jaro **sizes: 40 – 48**

Material composition
Upper material: 90 % PA microfiber, 10 % PU coating.
Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.

LEGUANO JASPAR





forester

Perfect during wind and rain: The water-repellent upper material keeps liquid beading off the surface of the shoe, and the drops run off in a bead-like pattern (so-called lotus effect), taking dirt and dust particles with them. Occasional impregnation supports this effect and helps protect the material from dirt for longer. Unmistakable barefoot feeling in any weather.

leguano jaspar **sizes: 35 – 47**

Material composition
Upper material: 100 % polyester. Inner material: 75% polyamide, 25 % polyester. Inner sole: 60 % wool, 30 % polyester, 10 % viscose.
Details about the sole can be found on the last page.

LEGUANO JUNO



sailor



black

Chic, elegant yet sporty, the juno model is the perfect blend of an elegant work shoe and a casual moccasin. Knitted in one piece, the mottled shoe with a uniform color lace-up looks like a sneaker and has all the advantages of a loafer. With juno, feet experience the freedom they need to be strong and confident. The juno sailor model is vegan.

leguano juno **sizes: 36 – 48**

Material composition
Upper material: 100% polyester. Trim: 60% polyester, 40% polyurethane. Inner sole: 51% polyamide, 49% polyurethane.
Details about the sole can be found on the last page.

LEGUANO KOSMO



anthracite



sand



black

This barefoot lace-up boot is warmly lined, water-repellent and waterproof! Our ultra-comfortable all-rounder will look great with all winter outfits. The sole provides ideal grip even in snow and slippery conditions. Our barefoot shoes offer a lot of freedom of movement and very good ground contact. As a result, the foot muscles can work without restriction, the blood circulation is stimulated and the feet stay warm.

leguano kosmo **sizes: 36 – 47**

Material composition
Upper material: 100 % polyamide. Lining/inner sole: 100 % polyester.
Details about the sole can be found on the last page.

LEGUANO LADY



loop

These great ballerina pumps by leguano are stunningly chic and perfect for combining, whether casual or classic, they simply go with any outfit! Quickly slip them on and you'll be ready to go!

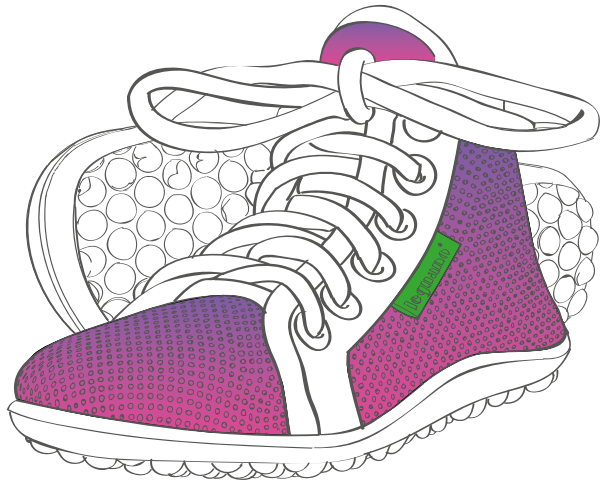
leguano lady **sizes: 36 – 43**

Material composition
Upper material: 100 % polyester. Inner sole: 51 % polyamide, 49 % polyurethane. Details about the sole can be found on the last page.

LEGUANITO – THE CHILDREN'S SHOE

BECAUSE THIS IS ALSO TRUE:
98 percent of all children are born with healthy feet, and around 12 percent of all children of kindergarten age already have a foot defect. Only 40 percent have healthy feet when they become adults.
(Source: "Kinderfüße auf dem Prüfstand", BKK).

In most cases, unsuitable footwear is to blame for a child's feet not developing properly and naturally. Because these need one thing above all: Space.



The most important thing in advance: Quality and fit are the be-all and end-all. Children's shoes should be flexible and adapt to the foot, not the other way around. Why? The younger the child, the softer their bones are, including the bones of the feet. It takes many years for a child's bone structure to fully develop. Before that, children's feet are flexible and malleable. For this reason, it is important to pay attention to the correct footwear. That too should be flexible and malleable. Shoes which are too small or too large have a negative impact on the development of healthy feet in children. Shoes which are too small can cause misalignments of the feet. If the shoes are too large, the feet "swim" and the child clenches their toes to support themselves.



THESE 05 POINTS MAKE A GOOD CHILDREN'S SHOE

01. **A flexible and soft sole:** The most important thing in a good children's shoe is that it has a flexible and soft sole. You should be able to bend it with one hand without requiring excessive force. This is the only way for a child to learn how to roll their foot, because someone who is learning how to walk usually uses the entire sole of their foot, or moves on the ball of the foot. Heavy shoes with rigid soles are a hindrance: the receptors in the foot can no longer feel the ground. In contrast to these firm, "conventional" shoes, a flexible sole allows contact with the ground.

02. **Flat sole:** It is best if the shoe has a zero heel so that the foot is positioned as naturally as possible in the shoe.

03. **Flexible upper:** In addition to a sensible sole, the upper should also be flexible. Soft fabrics are particularly suitable for this purpose. The feet and toes are not constricted. This enables the foot to move freely in all directions.

04. **Breathable materials:** The materials should breathe and be able to absorb and dissipate sweat well. Air-permeable material also protects against skin infections and athlete's foot.

05. **No support pads or insoles:** There should not be any special insoles or support pads in the shoe. Only then can the foot develop freely and build up good muscle tone.



LEGUANITO



pink



turquoise



blue



nacre

leguanitos are suitable for any adventure from the first attempt at walking, indoors or out. These children's barefoot shoes provide protection without restricting little feet in their freedom of movement. This optimally promotes the natural development of the running process. leguanitos are extremely flexible, super comfortable and their soles are extremely durable.

leguanito **sizes: 22–35**

Material composition
Upper material: 47 % (lyocell) viscose, 42 % polyamide, 9 % polypropylene, 2 % elastane.
Details about the sole can be found on the last page.

LEGUANITO AKTIV



anthracite, blue sole



blue

Children's shoes should be flexible and adapt to the foot, not the other way around. It should be as if the child's walking barefoot. leguanitos fulfil this criterion and support and protect little feet from the very beginning. These barefoot shoes for children are also characterised by their high flexibility and durability. Non-slip, flexible and very durable.

leguanito aktiv **sizes: 22 – 33**

Material composition
Upper material (mesh): 90 % polyester, 10 % elastane. Inner material: 100 % microfibre. Inner sole: 100 % microfibre.
Details about the sole can be found on the last page.

LEGUANITO GO:



kiwi

Barefoot is the best way to walk - especially for children. They have 100 percent contact with the ground and develop better balance and a firmer grip from an early age. Their feet receive many stimuli and freedom of movement, which they need to develop healthily. Like our adult models, our barefoot children's shoes are equipped with an extremely flexible sole that offers a lot of slip resistance, but at the same time sufficient freedom of movement.

leguanito go: **sizes: 23 – 34**

Material composition
Upper material: 100 % polyester. Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.



LEGUANITO SCIO



blue | **sizes: 23–28**



blue | **sizes: 29–34**



green | **sizes: 23–28**



green | **sizes: 29–34**



rose | **sizes: 23–28**



rose | **sizes: 29–34**

Quick on and off made child's play: this slip-on model eliminates the need for lacing. The proven shape of the shoes provides enough space for the toes, so that the feet are not constricted and can develop healthily. Being barefoot is not only fun, but also the best for the development of children's feet.

leguanito scio **sizes: 23–34**

Material composition
scio rose
Upper material: 90 % polyester, 10 % lurex.
Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.

Material composition
scio blue & green
Upper material: 100 % polyester.
Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.



LEGUANITO SPEEDY



blue

The leguanito speedy blue accompanies the little ones everywhere: In the playground, at nursery, at school and for all running activities. The shoe is the ideal all-rounder: the bright blue color with dynamic orange accents makes the shoe a real eye-catcher and reflects children's energy and zest for life. The flexible sole of the leguanito speedy blue encourages natural foot movement and strengthens the foot muscles. The robust yet breathable upper material ensures a pleasant climate in the shoe, even when it gets hot while playing and running. The leguanito speedy blue can easily be cleaned in the washing machine.

leguanito speedy **sizes: 23 – 34**

Material composition
Upper material: 100 % polyamide. Inner material: 90 % polyester, 10 % elastane.
Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.

LEGUANITO SCIPPO



sizes 25–28 | with Velcro fastener



sizes 29–34 | with lacing



forester | sizes 25–28 | with Velcro fastener



forester | sizes 29–34 | with lacing

Play and let off steam: These practical half boots allow your child to have adventures even when the weather is dirty. The water-repellent upper makes them comfortable to wear in wet weather. The upper of the scippo is made of durable synthetic material. The Velcro fastener makes it easy for little ones to put the shoes on (up to size 28). For older children, the shoes also have a lace fastening.

leguanito scippo with Velcro fastener **sizes: 25–34**

Material composition
Upper material: 100 % polyester. Inner material: 75 % polyamide, 25 % polyester. Inner sole: 80 % virgin wool (mulesing free), 20 % polyester. Details about the sole can be found on the last page.

LEGUANITO THERMO



leguanito thermo is our new children's barefoot boot, lined with soft plush, it is ideal for the cold season: warm and flexible, this warm and flexible, even the youngest children can enjoy healthy barefoot walking in winter. The inner membrane protects against moisture and maintains the breathability of the upper material. Thanks to the Velcro fastener, putting them on quickly is child's play.made.

leguanito thermo **sizes: 23–34**

Material composition
Upper material: 72 % polyamide, 28 % elastomer. Lining: 100 % polyester.
Inner sole: 80 % virgin wool (mulesing free), 20 % polyester.
Details about the sole can be found on the last page.

LEGUANO SCIO



green



rose



white



blue



black

Slip in and out! Set off straight away with the leguano scio and discover the genuine barefoot feeling. The hard-wearing, airy upper material hugs the shape of the wearer's foot and, in combination with the flexible sole, ensures the scio is pleasant and comfortable to wear. The scio is particularly suitable for pairing with casual summer clothing in warm temperatures.

leguano scio rose **sizes: 35 – 44**
leguano scio black & blue **sizes: 35 – 47**
leguano scio green & white **sizes: 36 – 47**

Material composition
scio rose
Upper material: 90 % polyester 10 % lurex.
Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.

Material composition
scio black, green, blue & white
Upper material: 100 % polyester.
Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.

LEGUANO SCORE



grey

Experience the ultimate barefoot feeling with the leguano score grey, a fashionable slip-on shoe for every occasion. Whether you're strolling through the city, working in the office or going for a walk, this shoe lets your feet breathe and move freely. The ultra-thin leguano sole adapts to any surface and gives you optimal sensory feedback with every step. The robust, air-permeable upper makes the slipper a versatile all-rounder and its cut makes it quick to put on and take off and ensures a perfect fit.

leguano score **sizes: 36 – 48**

Material composition
Upper material: 100 % polyester. Inner sole: 51 % polyamide, 49 % polyurethane. Details about the sole can be found on the last page.

LEGUANO SNEAKER



blue, red-white fret



black



blue

leguano sneakers are great for the summer as they are low cut. A very popular model for hiking and fun sports. This shoe provides direct contact with the ground – whether in nature, on sidewalks or at home: a barefoot shoe for all circumstances!

leguano sneaker blue, red-white fret **sizes: XS – XXL**
leguano sneaker blue **sizes: XS – XXL**
leguano sneaker black **sizes: XXXS – XXL**

Material composition
Upper material: 63 % polyamide, 35 % lyocell (viscose), 2 % elastane. Details about the sole can be found on the last page.

LEGUANO SPINWYN



black



purple

The ultra-flat and light sneaker is made for optimal mobility during any workout. Fabricated of laminated mesh fabric and sole material made specifically for leguano from flexible LIFOLIT®-lg, the spinwyn provides a barefoot feeling for everyday and every use, particularly during sports. Full agility, full performance.

leguano spinwyn **sizes: 36 – 47**

Material composition
Upper material: 100 % polyester. Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.

LEGUANO STREAM



Casual, modern, breathable – the patterns in the fabric give the stream its great design, which makes it seem even lighter. With these airy barefoot shoes, you experience a completely natural walking sensation: the flat and special leguano sole ensures a maximum ground contact when walking. The stream is a real all-rounder for everyday wear that can be worn with many outfits.

leguano stream **sizes: 36 – 48**

Material composition
Upper material: 100 % polyester. Inner sole: 51 % polyamide, 49 % polyurethane.
Details about the sole can be found on the last page.

LEGUANO STYLE



lavenda



maritime



rose



pearl

Elegant, super comfortable, handy – a barefoot shoe that makes hearts beat faster. The "leguano style" lies on the foot like a second skin – for stability in any situation.

leguano style **sizes: 36 – 43**

Material composition
Upper material: 100 % polyester. Inner sole: 51 % polyurethane, 49 % polyamide.
Details about the sole can be found on the last page.

LEGUANO THERMO



Freezing is a matter of the past: The soft velour and the lined soles made of climate-friendly wool plush provide cozy warmth with maximum mobility. An intermediate layer of neoprene and a thin layer of foam provide extra insulation.

leguano thermo **sizes: 36 – 48**

Material composition
Upper material: 82 % polyamide with neoprene, 18 % elastomer. Lining: 100 % polyester. Inner sole: 80 % virgin wool (mulesing free), 20 % polyester. Details about the sole can be found on the last page.

LEGUANO SIZE CHART

WOMEN

EUROPE	36	36/37	37	38	38/39	39	40	40/41	41	42	42/43	43	44/45
UK	3,5	4	4,5	5	5,5	6	6,5	7	7,5	8	8,5	9	9,5
US	5	5,5	6-6,5	6,5-7	7,5	8-8,5	8,5-9	9,5	10-10,5	10,5-11	11,5	12	12,5
LEGUANO		XS			S			M					XL

KIDS

LEGUANO	22	23	24	25	26	27	28	29	30	31	32	33	34	35
FOOT LENGTH IN CM LEGUANITO	12,1	12,1	12,5	12,5	13,5	13,5	14,7	14,7	16,4	16,4	17,7	17,7	19,4	19,4
FOOT LENGTH IN CM LEGUANITO AKTIV	13,6	14,3	14,9	15,7	16,3	17,2	17,5	18,4	19,2	19,7	20,0	21,0		
FOOT LENGTH IN CM LEGUANITO SCIPPO				16,1	16,8	17,4	18,1	18,8	19,4	20,1	20,8	21,4	22,1	
FOOT LENGTH IN CM LEGUANITO SCIO		14,8	15,4	16,1	16,8	17,4	18,1	18,8	19,4	20,1	20,8	21,4	22,1	
FOOT LENGTH IN CM LEGUANITO SPEEDY		14,8	15,4	16,1	16,8	17,4	18,1	18,8	19,4	20,1	20,8	21,4	22,1	
FOOT LENGTH IN CM LEGUANITO THERMO		14,2	14,8	15,4	16,1	16,8	17,4	18,1	18,8	19,4	20,1	20,8	21,4	22,1

MEN

EUROPE	38	38/39	39	40	41/41	41	42	42/43	43	44	44/45	45	46	46/47	47	48	49
UK	5	5,5	6	6,5	7	7,5	8	8,5	9	9,5	10	10,5	11	11,5	12	12,5	13,5
US	6	6,5	7	7,5	8	8,5	9	9,5	10	10,5	11	11,5	12	12,5	13	14	15
LEGUANO		S			M			L			XL			XXL		XXXL	

Shoe sizes: Please note that different size designations are used.

CARE INSTRUCTIONS

leguano aktiv, amalfi, ballerina, beat, care, chess, classic, go:, inspiro, juno schwarz, kosmo, lady, leguanito, leguanito aktiv, leguanito go: kiwi, leguanito scio, leguanito speedy, scio, score, sneaker, spinwyn, stream and style

Wash at 30 °C in a mesh laundry bag (delicate wash cycle). Use a mild detergent, no fabric conditioner, and no powder. Wash separately or with similar colours. Not suitable for tumble dryers. Wash laces separately by hand.

leguano acasa, jaspar and thermo

Wash at 30 °C in a mesh laundry bag (delicate wash cycle). Use a wool detergent, no fabric conditioner, and no powder. Wash separately or with similar colours. Not suitable for tumble dryers.

leguano aktiv alasco, chester, husky, icebare and leguanito scippo

Not washable. For regular care, gently clean with a damp cloth without using detergents. Wash laces separately by hand.

leguano dean

Wipe clean with a soft, damp cloth and air well. The leather must be able to breathe. Treat regularly with a leather care product.

leguano jara

Wash at 30 °C in a mesh laundry bag (delicate wash cycle). Use a mild detergent, no fabric conditioner, and no powder. Wash separately or with similar colours. Not suitable for tumble dryers. Close the Velcro fastener! For regular care, wipe the outer material with a damp cloth and mild soap solution.

leguano jaro, juno sailor and leguanito thermo

For regular cleaning, wash by hand only, do not machine wash (also not in the wool wash cycle or similar). To protect against dirt, we recommend impregnating the overlay before wearing it for the first time and repeating this regularly, as the effect may subside over time.

COMPLAINTS

3 steps for returning goods hassle-free:

01. Remove personal items such as hickies or the like from the shoes.

02. Clean the shoes as instructed in this guide.

03. If you bought the shoes at one of our leguano brick and mortar shops or via our online shop, you can return them directly to the shop or request a free return label* via **service@leguano.eu**.
*This only applies to returns within Germany.

For hygienic reasons, we cannot take back shoes that have not been cleaned.

We acknowledge complaints if your complaint about material deficiencies is justified. Conditions related to production, such as the type of knit, which is necessary to ensure an optimal fit, are excluded.

Our quality assurance department checks each individual case and decides whether a complaint is justified. In this case, we will send you an equivalent model of the same size and colour.

THE SOLE MAKES THE DIFFERENCE

leguano barefoot shoes have a sole that is as unique as the foot shape of every wearer. Our focus in the technical development of our sole is on the properties of unique structure, sensor technology and ergonomics. Thanks to these properties, the sole hugs the wearer's. Only these factors enable that barefoot feeling in spite of the fact that you're wearing a shoe.

01 Unique structure: The special arrangement of the hemispheres ensures that they don't block each other when the shape of the sole changes. This property allows the sole to move 360° flexibly in any direction and adapt perfectly to any surface. This ensures a larger contact surface on, and therefore increased grip and a better feel of, the ground.

02 Sensory feedback: The ergonomically shaped leguano foot sole has biomechanical functions: With every step, the individual hemispheres provide sensory and tactile feedback that is passed on to our feet. The individual nerve zones and nerve endings are stimulated in a targeted manner. This is equivalent to a foot reflex zone massage, which ensures a feeling of relaxation and well-being.

03 Ergonomic design: The sole of leguano barefoot shoes are characterized by a specially developed sole which is very robust and flexible. The material conforms ergonomically to the shape of the wearer's foot. It is also so flexible that you can roll up the barefoot shoes easily, allowing you to put them away and save space.

"Our nature consists of motion. Complete rest is death."
Blaise Pascal (1623-1662)

The leguano - sole is made of LIFOLIT®-lg. This material, exclusively manufactured for leguano, enables the high flexibility of the sole with simultaneous high abrasion resistance.



LEGUANO BAREFOOT SOLE

UNIQUELY FLEXIBLE

UNIQUE STRUCTURE: 01
- Hemispherical structure
- Flexibility from toe to heel
- Ultra-adaptable

SENSORY FEEDBACK: 02
- Increased tactile sensation
- Direct contact with the ground
- Stimulation of zones of the foot

ERGONOMIC SHAPE: 03
- Lies directly on the foot
- Robust and flexible
- Specially developed sole

MADE IN GERMANY

"Made in Germany" barefoot shoes have been conquering the feet of the nation since 2009, because leguano barefoot shoes enable natural movement: Walking barefoot.



In times when a large number of shoe manufacturers have their goods produced in regions which are a great distance away from the German federal area, or even far away from the European Community, company founder Helmuth Ohlhoff decided years ago: "We will produce our goods here – practically on your doorstep: Barefoot shoes made in Germany". In locating the production of its goods in Germany, the company is an exotic one in an industry whose production mainly takes place in low-wage countries.

It all started in Sankt Augustin, North Rhine-Westphalia. In 2018, the company moved to neighbouring Buchholz, Rhineland-Palatinate. From here, the leguanos travel to over 100 barefoot shops in Germany, to numerous trading partners and out into the wider world, for example to the Czech Republic, Canada, Scandinavia, Switzerland, and to the capital of China, Beijing. What motivates a young company to produce in its home country, when it is usual for the supply chain to stretch across several countries and continents? "We want to talk to business partners and employees without language barriers or interpreters. In addition, the distances are shorter and we can act on the spur of the moment if necessary. Of course, quality also plays a role here!" says Managing Director Helmuth Ohlhoff with conviction.

3x

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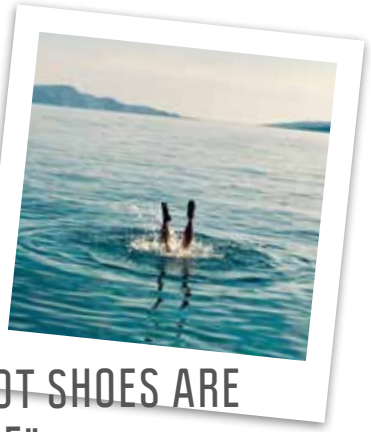
WHY WE SHOULD WALK BAREFOOT MORE OFTEN

Our feet do all the hard work: Over the course of our life they carry us around the world almost three times over, and we say thank you by confining them inside shoes right from the start. Even most orthopaedic surgeons now realise that many foot problems could be avoided if we walked barefoot more often. Those who leave their shoes in the cupboard now and then and go barefoot, strengthen their foot muscles and foot architecture. This starts in early childhood. When children also run without shoes from time to time, their small, flat feet later turn into feet with a healthy arch.

"What use is the vastness of space if my shoes are too tight?"
Armenian proverb

WHAT OUR CUSTOMERS SAY

leguano barefoot shoes are suitable for everyone and for almost every activity. This is what our customers have to say about our versatile shoes.



"THESE BAREFOOT SHOES ARE MY FIRST CHOICE"

I took my leguanos on holiday to Croatia and I even wore them in the water. It was pretty rocky and I was really happy to have the shoes because the non-slip sole meant that I couldn't slip. Leguanos - the best thing that could have happened to me. They are really great on the foot and I didn't want to take them off for the entire holiday. We also walked a lot, and the leguanos were always my first choice. Also, because I often get water on my legs and blisters on my feet when I am on holiday, the barefoot shoes were the best thing that could have happened to me. They are so light in the heat, and I didn't get any blisters on my feet. Perfect! My flip-flops are just lying in the closet. I am an absolute leguano lover :-) *Rebekka H.*



"WALKING BAREFOOT HAS BECOME A WAY OF LIFE FOR ME"

I would like to take this opportunity to express my heartfelt gratitude to you! I only got into barefoot walking in the first place thanks to your barefoot running shoes. After years of having pain in my feet from standing at work for long hours, which no insole helped me with, no matter how good, I have been completely free of symptoms. Many thanks for that ! *R.S*



"I'VE BEEN WALKING BAREFOOT WITH LEGUANOS FOR OVER A YEAR NOW"

I run a lot, at least two hours a day, over hill and dale with my dogs. Every type of ground is there. From meadow to dirt road to asphalt – everything, whatever the weather. This makes it all the more astonishing that after a year of continuous use, and with several washes, the leguano is still suitable for wear and shows no damage, no breakages, no material fatigue. Only some of the bumps on the sole are now no longer recognisable. Hats off and keep it up!
Karin W.



"WE WANT YOU TO BE A PART OF THIS – OUR HAPPY FEET!"

My friend and I travelled to Jordan: After receiving a persuasive recommendation, I had already bought YOUR product a month earlier, and for my travelling companion a day before the trip: Your leguanos. At the time, we didn't know that we would love to put these shoes on every morning and that our feet would still love them when we took them off in the evening!

In the evening – after we had walked over hill and dale and climbed up and down mountains, strolled through towns and deserts and over beaches, climbed across rocks ... And all this for hours and days on end, barefoot! And that is why we talked about the leguanos every hour, especially when we overtook other hikers with their heavy hiking boots, like light-footed gazelles or, for example, iguanas:

"Do your feet feel this good too?", "Everyone should be allowed to wear shoes like this!", "I think I can only walk barefoot from now on!", "These shoes ...!", "I've never slipped!", "I'm looking forward to continuing our walk tomorrow!", "No sweating, no pressure points, no blisters!" – "And why should there be – we're walking barefoot!"

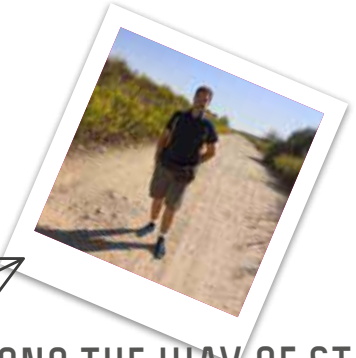
And now that our trip is over, our leguanos still look the same as before the trip, despite being put under the greatest stress! We can assure you this: Thanks to our enthusiastic persuasion, our family and friends are also thinking of walking barefoot! And we're already thinking about buying a second pair of leguanos. Many thanks!

Many happy greetings from our feet, with a big thank you for your great barefoot shoes. *Ann-Kathrin S. & Maike K.*



"THE PERFECT (BAREFOOT) SHOE FOR MY TRAINING"

I am a professional practitioner of calisthenics, and it is important to me to have as little weight on my feet as possible, because otherwise the difficult exercises will become even more difficult. With the "chess pepper", I found the perfect shoe for my needs. Stable, stylish and super light! I mainly train outdoors, and therefore I am always training on different surfaces. Sometimes meadow, sometimes wood chips or gravel, but this is absolutely immaterial when wearing the leguano. No more splinters in my feet :D thank you! Whether in training, at competitions or in everyday life, I no longer want to do without these shoes – they are an absolute asset to me! Many thanks for that!
Felix S.



"600 KM ALONG THE WAY OF ST. JAMES"

I would like to give my heartfelt thanks to the leguano team. I went walking along the Spanish coastal path this summer and covered a total of 600 kilometres with the leguanos. It's a great feeling to walk the Way of St. James.
Keep up the good work!
Renke

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