



TIBETAN HERBAL FOOTSOAKS

Homecare Instructions

SUPPLIES

NON-METAL BUCKET THAT COMFORTABLY FITS YOUR FEET & ANKLES, THERMOMETER, TOWEL, 1-3 TEABAGS, 113-115° WATER

- Place 1-3 teabags in your designated Foot Soak bucket
 - Heat water to 113-115° Fahrenheit and combine with teabags in bucket
 - Use thermometer to make sure the water is the ideal temperature before submerging feet, ankles, and lower legs
 - Cover legs with towel or blanket to maintain heat
 - Unless otherwise instructed by your provider, after 20-30min of soaking remove your feet, and add more heated water to bring the temperature back to 113-115°
 - Soak for an additional 20-30min
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NOTES

Use with caution around small children and animals. If feeling overheated and/or intensely sweating, discontinue your foot soak. Can reuse teabags up to 3 times; store in sealed container in refrigerator for up to 5 days. Avoid doing foot soaks if you are hungry. Avoid doing foot soaks under a draft. Avoid if bleeding heavily during menstruation. Avoid using electronics while doing foot soaks; meditating, resting, reading, or socializing are recommended. If using teabags in a bath, do not recline and submerge your chest in water, stay in an upright seated position. Similar

to a vigorous workout, foot soaks are stimulating if done longer than 20min, therefore if using at night soak for a shorter duration (>20min). Keep your feet warm after your foot soak.

Contraindicated:

- **Pregnancy**
- **Metastatic cancer**
- **Acute cold/flu**
- **Within 7 days post-surgery**
- **Thrombosis**
- **Open wounds or burns on feet ankles or lower legs**
- **Infections**
- **Bleeding disorders**

Ideally for:

- **Pain**
- **Inflammation**
- **Fibromyalgia**
- **Peripheral neuropathy**
- **Plantar fasciitis**
- **Painful and irregular menstruation**
- **Fertility support**
- **Headaches**
- **Migraines**
- **Gout**
- **Cold hands and feet**
- **Cold abdomen with diarrhea**
- **Hypertension**
- **Stress & anxiety**
- **Insomnia**
- **Gas and Bloating**
- **Constipation**
- **Fatigue**

If you have any additional questions or concerns do not hesitate to contact your provider:

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