FOOT SOAK INSTRUCTIONS

Initial course of treatment is daily for 2 weeks. Thereafter do cycles of 3 soaks with a few days off in between; this may vary depending on condition. Links to tools are on SRCA's website under "Services".

Preparation:
Option 1: Simmer 3 herb packets in 3 quarts of water for 30 minutes. Remove herb packets and pour decoction into foot soak basin, add enough hot water to cover a few inches above ankles, wait until it cools down to 105-115 degrees Fahrenheit. Add 1/2 cup of white vinegar and soak your feet for 20-30 minutes. Add hot water about every 10 minutes to keep the temperature up: when doing this, **remove your feet** from the basin to prevent scalding them. It is important to keep the temperature of the liquid as consistently between 105-115F as possible; draping a towel or mylar blanket over the basin helps. Tea and herb packets can be refrigerated and reused 2 more times. A dishpan and– if you want to be precise, a digital thermometer are all you need.

Option 2: For an even more relaxing treat, get an all-in-one foot spa. We've done the research for you and found the best ones. Place 3 herb packets and enough water into the foot spa to cover a few inches above your ankles; once it comes to temperature (105-115F), allow it to steep for 15 minutes, add 1/2 cup white vinegar, and begin your soak! Save tea and herb packets for 2 more uses. After 3 soaks, wash your foot spa and then run it for about 15 minutes with plain water and a cup of vinegar. This will clean your spa and prevent mineral build-up.

Option 3: This steamer is our current favorite and the easiest option. Place 1 packet in each compartment of the foot bed, select your desired temperature and time. Refrigerate used packets between steams; packets can be used for 2-3 steams.

During the soak: Relax and close your eyes just like you would during an acupuncture treatment.
Storage: Please store in a cool and dry place. Keep away from direct sunlight. Keep sealed after opening. Keep out of the reach of children.

EXTERNAL USE ONLY
Active ingredients: *Du Yi Wei, Hong Jing Tian, Zang Hong Hua, Qiang Huo, Zang Chang Pu, Ku Shen, Sheng Jiang, Ai Ye, Tibetan Salt.*

CONTRAINDICATIONS: Do NOT use if you have metastatic cancer, bleeding disorders, are pregnant, have infections, open sores or wounds on your feet, or if you are hungry or within 30 minutes of a meal.
1. Avoid doing foot soaks under a draft.
2. Be cautious using the foot soak on children. Please consult your acupuncturist at SRCA.
3. Be cautious using the foot soak when you have a cold or allergies.
4. Some people report vivid dreaming when doing soaks close to bedtime; if that's the case, soak earlier in the day.

ENJOY!