

## Tibetan Herbal Foot Soaks

**Please read these guidelines before starting your first soak.**

Improve the effects of your Acupuncture treatments by adding Tibetan herbal foot soaks at home. The herbs in these foot soaks are sourced directly from small farms in Tibet and China and are part of a growing movement. We buy them from [BotanicalBiohacking.com](http://BotanicalBiohacking.com).

Most people think of a foot bath as a superficial treatment, but this technique is actually very helpful for a variety of health concerns. Soaking your feet in a basin of soothing herbal infusion is more than relaxing, it's potent medicine.

These premium quality herbal foot soaks are wild crafted by Tibetan farmers and cultivated with leading botanical experts in the high plateau of Tibet. They have helped people with chronic inflammatory pain, promote blood and fluid circulation as well as tissue detoxification and increase immune system activity and metabolism. They are recommended for many internal chronic health conditions, including:

### **Painful health concerns:**

Arthritis, Fibromyalgia, Gout, Headaches, Migraines, Neuropathy, Pain, Inflammation, Plantar Fasciitis  
Lower body pain and weakness

### **Systemic and emotional health concerns:**

Autoimmune issues, Chronic Fatigue, Cold hands and feet, Hypertension, Lyme Disease Symptoms, Mold Toxicity, Yeast Problems, Candida Overgrowth, Stress, Anxiety, Sleep problems

### **Female and digestive health concerns:**

Fertility Support, Hormonal Imbalances, Painful and Irregular Menstruation and cold abdomen with diarrhea, constipation, gas and bloating

### **Do not soak if you have any of the following:**

You are under 18 years old, pregnancy or nursing, varicose veins, heart disease, heart attack, stroke, kidney failure, two weeks after any surgery, severe internal or external bleeding, open wounds, cellulitis, rash or burns on feet, ankles, lower legs, poison oak exposure, tick or snake bites, metastatic cancer, broken bones, crushing injury, active bruising, bleeding disorders, throbbing pain or swelling in the legs/calf (thrombosis/embolism), significant temperature difference between both legs, fever, chills, acute cold and flu symptoms or infections disease, during strong menstruation, while you are fasting, intoxicated or hungry.

### **Be extra careful, monitor the water temperature (100-113 F) with a thermometer and don't soak longer than 20 minutes if you have:**

Any neuropathy, peripheral vascular disease, active chemo and radiation for cancer, no metastasis.

**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 and away from pets.

**Supplies:** 1-3 tea bags, saucepan, water kettle with hot water, foot basin. A new 5 gallon paint bucket from the hardware store works or a Rubbermaid/roughneck storage container 10"x 14", 7" tall. Avoid copper, aluminum, iron and bronze buckets. Place foot basin on a large towel, use a small towel to dry your feet, warm socks, house slippers, aluminum foil or blanket to keep the heat in the basin, a timer, a thermometer if you have one, a good book to read, device to listen to a podcast on your first soak, relaxing music.

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1. Use these foot soaks at your own risk. If you have severe allergies, take a foot soak tea bag, open it up and rub some on the forearm, if you don't get blisters or any other reaction it is OK to use them.
2. Fill a medium saucepan with water and bring to a boil. Boil additional water in a pitcher or kettle.
3. Add 1-3 tea bags to the saucepan and simmer for 5 minutes. Add this soak solution to your foot basin - do NOT add your feet yet!. Use 2-3 tea bags if you have a large foot basin.
4. Add cold tap water to decrease temperature to 100-113 degrees. Check temperature gently with one finger or use a thermometer.
5. Add feet slowly, put them flat into the basin, ideally the water covers your ankles, better up to 2" above your ankles.
6. Cover the basin opening with aluminum foil, or place a blanket or a towel over your knees to help keep the heat in. Stay away from drafts (fans, open windows, or air conditioning) while soaking.
7. Maintain temperature at 100-113 degrees for the duration of the soak by adding more hot water as needed. Remove your feet before adding hot water, use a pitcher, mind spills and re-check temperature before adding feet again.
8. Soak approximately 20-30 minutes. Soak less than 20 min at night, the soaks can be stimulating. Relax, focus on your breathing, don't play with your device or watch TV. Consider listening to Podcast #33 on [BotanicalBiohacking.com](https://botanicalbiohacking.com) <https://botanicalbiohacking.com/blog/herbal-foot-soaks-2>
9. You may feel flushed or break a sweat, allow it to dry, avoid drafts.
10. OK to reheat water once for another soak on another day. OK to reuse tea bags once, store in a sealed container in the refrigerator up to 5 days.
11. After your soak, dry off your feet well and put on warm socks and house shoes, keep feet warm!
12. If you are experiencing detox reactions either stop using the soaks until they are resolved, or at least taper down the amount of tea bags you are using and the frequency. The most common detox reactions are rashes and itchiness of the skin and increased pain or aggravation of your symptoms for the first few days. Especially if you have chronic pain, you may also choose to push through the detox reactions by continuing the daily foot soaks, as the detox reactions are likely to subside and your pain or symptoms ideally improve.
13. Discontinue use if you are experiencing any negative side effects.

**Soaking Frequency:** Think of the foot soaks like an Acupuncture treatment at home, in terms of frequency and effectiveness. The medium effective time for people using foot soaks is 2 weeks, once daily, hence the following guidelines:

**Initially more frequent: Ideally daily for 2 weeks, depending on effectiveness, then tapering to x 2-3/week for 1-2 weeks, once every 2-4 weeks for maintenance or as needed. Usually people benefit in some way, even if they are soaking less frequently than recommended.**

**Our Pricing** (FYI: MSRP is \$15/teabag)

**Small package: 5 Tibetan Foot Soaks for \$27.50** (\$5.50 per tea bag) or as part of a buy 4 get 1 free **Happy Hour Treatment Package** for \$110: \$22 for 5 Tibetan Foot Soaks (\$4.40 per tea bag)

**Large package: 9 Tibetan Foot Soaks for \$48.00** (\$5.33 per tea bag) or as part of a buy 4 get 1 free **Product and Service Package** for \$192: \$38.40 for 9 Tibetan Foot Soaks (\$4.26 per tea bag)

To purchase 14 tea bags for daily soaks for 2 weeks initially: Buy a small package of 5 plus a large package of 9 for a total of \$27.50 + \$48.00 = \$75.50.