



## ***The Benefits of Foot Soaking***

Oh the magic of a foot bath! Foot baths can be used for a variety of reasons, ranging from fighting colds and influenza, to soothing tired feet at the end of a long day, to treating pain and sports injuries, plantar fasciitis, detoxing the body, diabetic nerve pain, antifungal treatments for athlete's foot and more.

Soaking your feet with oils, herbs and salts is the optimal way to bring out toxins and replenish magnesium in our bodies. Who doesn't want to ease stress, reduce inflammation and muscle pain or improve sleep? Foot baths can do this as well! Foot baths are also fabulous for just good old fashion relaxation. A place to create your own healing oasis. Sit and soak with a good book and promote the health and beauty of your feet!

There are several ways to use foot baths as a healing modality! Check out our online store to see what products are available for you today! Contact our practitioner via email on the Contact Us page for questions about your foot health.