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FOOT SOAKS can be used for painful foot and ankle conditions, for neuropathy and even for itchy hot feet.

FOOT SOAK INSTRUCTIONS

Place a foot spa or basin large enough for both feet in front of a chair where you will be sitting while you soak.

Place boiling water into it and add one FOOT SOAK TEA BAG. Allow it to steep while the water cools.

When the water has cooled enough to place feet in the basin, place both feet in the basin and soak for 20-30 minutes. Cover your lap and legs with a towel or blanket to help retain heat. Avoid getting a draft while soaking.

DO NOT USE:

If you have open wounds on your feet.

If you are pregnant.

If you are in treatment for cancer.

Do not use to treat children without guidance from your practitioner.