



Tibetan Foot Soak Instructions

1. **Choose a basin.** You need a container large enough to accommodate both your feet and deep enough to cover your ankle bones. A Tupperware dishpan works well. An electric foot spa is ideal.
2. **Prepare the herbal infusion.** Bring 2 litres of water (if you are using a dish pan) or 3 quarts of water (if you are using a foot spa or a large bucket) to a boil in a large pot. Place one or two herbal tea bags into the pot (as directed by your practitioner), turn the heat down to low, cover the pot, and simmer gently for 30 minutes.
3. **Reduce the infusion to proper soaking temperature.** Add 4 litres of room temperature water (if using a dishpan) or 6 litres of room temperature water (if using a foot spa or large bucket) to your basin. Add the hot infusion to the water in the basin and stir thoroughly.
4. **Confirm the soak temperature** is between 40.5-44.5 degrees Celsius (105-112 Fahrenheit) using an instant-read kitchen thermometer. THIS IS EXTREMELY IMPORTANT IF THE SENSATION IN YOUR EXTREMITIES IS IMPAIRED BY NEUROPATHY OR ANOTHER CONDITION. The ideal soak temperature is between 43-44.5 (110-112 Fahrenheit). Many people find this temperature uncomfortably hot when they first start soaking, however. It is ok to work up to this temperature gradually.
5. **Sit down and soak.** Choose a place where you will not be exposed to drafts and where you can sit quietly without disruptions. It is best to avoid watching TV or using a phone or computer while soaking. Use the time to meditate, relax, or have a pleasant conversation.
6. **Maintain the soak temperature.** It is important to maintain the soak temperature in the therapeutic range of 40.5-44.5 degrees for the duration of the soak (30-45 minutes). The easiest way to do this is to use an electric kettle to add small amounts of boiling water to the soaking basin every 5-10 minutes. REMOVE YOUR FEET FROM THE BASIN WHEN ADDING HOT WATER AND EXERCISE EXTREME CAUTION WHILE USING ELECTRIC APPLIANCES AROUND WATER. ALWAYS CONFIRM THE SOAK TEMPERATURE IS BELOW 44.5 DEGREES BEFORE PUTTING FEET BACK IN THE SOAK.

**For chronic conditions, it is important to keep to a schedule. One treatment will not fix the issue.