



Jade Seed Wellness  
Tibetan Foot Soak Instructions

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1. Choose a basin.

You need a container large enough to accommodate both your feet and deep enough to cover your ankle bones. A Tupper-ware dishpan works well. An electric foot spa is ideal.

2. Prepare the medicinal infusion. Bring 2 quarts 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 medicinal sachets into the pot (as directed by your doctor), 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 quarts of room temperature water (if using a dishpan) or 7 quarts 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 105-112 degrees using an instant-read kitchen thermometer.

**THIS IS EXTREMELY IMPORTANT IF THE SENSATION IN YOUR EXTREMITIES IS IMPAIRED BY NEUROPATHY OR AN OTHER CONDITION.**

The ideal soak temperature is between 110-112 degrees. 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, pray, or have a pleasant conversation.

6. Maintain the soak temperature. It is important to maintain the soak temperature in the therapeutic range of 105-112 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 112 DEGREES BEFORE PUTTING FEET BACK IN THE SOAK.**

Enjoy!

## **About the Foot Soaks:**

Foot soaks are safe, effective, convenient, and relaxing way to improve health.

The pharmaceutical-grade medicinal herbs in this foot soak formula act synergistically to improve blood circulation. Fresh blood flow to the injured areas allows for oxygen and nutrients to enhance the healing process.

These foot soaks also help boost the immune system, enhance metabolism, calm the mind, and regulate the endocrine system.

**\*\* Caution---** Not for use in diseases made worse by increasing circulation: active colds/ metastatic cancer

Herbs are working transdermally via terpenes, volatile oils, alkaloids

Increase in circulation allows the botanical chemicals to enter the bloodstream via the skin

-Heat of the soak signals the body to dilate blood vessels- allows tissue in area to become oxygenated and well fed.

**Question :** Who is not suitable for steam therapy?

**Answer:** Pregnant women, people who have severe hypertension, severe heart disease, severe coronary heart disease, severe diabetes, heart failure, serious mental illness and those who are alcohol intoxicated.

**Question :** If a client feels dizzy or chest tightness during steam therapy, what should the client do?

**Answer:** He should immediately remove his feet from the foot bath, find a place where the air circulates well, breathe freely, replenish some water to the body and have a rest. That's enough!

## **Tibetan Herbal Foot Soaks**

### **Good for:**

- Nerve pain/neuropathies of the feet, gout, arthritis, poor circulation
- Pain caused by immune system imbalance-wandering pain from limb to limb
- Helps pain and inflammation caused by gut dysbiosis (digestive issues)
- Nerve pain-caused by deregulation of cortisol and nitric oxide -Influences prostaglandin regulation for sharp pain
- Beneficial to menstrual cycles
- Insomnia & Fatigue
- Headaches/Migraines
- Anxiety & Depression
- Stress, Mood Swings, Hormonal Imbalance
- Menstrual issues
- Fibroids

### **Ingredients:**

Hong Hua, Hong Jing Tian, Du Yi Wei, Ku Shen, Qiang Huo, Zang Chang Pu, Sheng Jiang, Ai Ye.