



# SUNSHINE FOOT SOAK

(All measurements are approximate)

## **PREPARE A QUIET SPACE WITH:**

A towel for underneath the basin  
A smaller towel to dry off afterward  
A book, or music, or silence

## **FILL FOOT BASIN WITH WARM WATER** (as warm as you can stand)

As it fills, add

1/4 c Epsoms salts  
1/4-1/2 tsp ascorbic acid  
Chamomile Tea or herbal tea of choice (optional)

## **MIX WELL.**

## **SOAK UNTIL THE WATER NO LONGER FEELS COMFORTABLE.**

## OPTIONAL & BENEFICIAL

## **ONCE FEET ARE DRY, MASSAGE**

1-2 tsp castor oil on each foot and ankle.  
Get all over, including between toes.  
Wrap with organic cotton cloth (it WILL STAIN).