

# MEMÓRIA DA TERRA

~ Cycles of study with Native Plants and Ancient Wisdom ~

## FOOT BATH



The foot bath is a very ancient medicinal practice, that can be done with different purposes:

- To bring warmth to the body. To help with colds and flu, to relief painful menstruation and bring comfort and warmth to the womb.
- To relax the nervous system. Helps with insomnia to do it before going to sleep.
- To purify toxins from the body (specially with Epsom Salt).
- To improve circulation
- To soften the skin
- To reduce pain, after long walks or dancing.

You can combine the foot bath with herbs according to what you need.

Epsom Salt is an amazing add to the Foot bath as well, as it releases toxicity and promotes absorption of magnesium.

Lavender is one of the best herbs for this practice, as its wide range of properties can support wellbeing in different ways. Specially efficient before sleeping, to relax and promote good sleep. Through the feet, we can take in the benefits of herbs effectively, as the feet are an entry point to the whole body.

### PREPARING YOUR FOOT BATH:

Add very hot water to a bowl big enough for your feet to be fully under water and add the herbs. It's important that the water is really hot, and you slowly submerge your feet, taking in as much heat as possible.

Relax and enjoy this moment.

When the water starts to feel cold, dry your feet well, massage your feet with a massage oil and dress socks for better hydration and keeping of the heat in the body.