

## Rose Petals Epsom Salt Foot Bath

### Instructions:

- 2 tablespoons Epsom Salt (Magnesium Sulfate)
  - Can find in any drugstore
- 1-2 drops essential oil (optional & do allergy spot test)
  - I used pure organic cedar essential oil from Saje
- Rose or flower petals (optional)
- Hot water tub filled approximately to ankles
  - Note that hot water should be comfortable *warmth* for your skin and not burning your skin
  - Check water temperature (either with hand or elbow) before submerging both feet into water
  - Ensure your sensation for temperature is intact (meaning do not use this foot bath if you lack or have no sensation at your feet)
  - Do not use over areas with open wounds
- Rest in a comfortable & relaxed seated position
- Soak for 10-30 minutes or until water is no longer warm
  - Check skin regularly to make sure there is no burning, abnormal colour changes, etc.)
- Can combine foot bath with diaphragmatic breathing
  - See blog post on diaphragmatic breathing:  
<https://queeniephysio.com/2018/09/10/133/>
  - Or watch diaphragmatic breathing YouTube video:  
<https://www.youtube.com/watch?v=Ivg1xiHBFo4>
- Or you may combine foot bath with meditation
- Dry your skin with a towel when finished and apply moisturizer
  - I used Josie Maran's Argan oil