



## SRCA Foot Soak Instructions

When using our soaks, we recommend that you close your eyes just like you would during an acupuncture treatment. The initial course of treatment is daily for two weeks. After that, do cycles of 3 soaks with a few days off in between; this may vary depending on your condition. Scan the QR code above for tools!

**Basin Use:** Simmer 1-3 sachets in 3 quarts of water (12 cups) for 30 minutes. Wait until it cools to 105-115 degrees Fahrenheit, then pour into your basin with 1/4 cup of white vinegar. Soak your feet for 20-30 minutes, adding more hot water every 10 minutes. Remove your feet as you pour so as not to burn yourself! Keeping a towel over the basin will help keep heat in.

**Foot Spa Use:** Place three sachets in your spa with enough water to reach a few inches above your ankles. Once the temperature reaches 105-115F, let steep for 15 minutes, add 1/4 cup white vinegar, and then soak for 20-30 minutes.

**Steamer Use:** This one is so easy! Place 1 packet in each compartment of the footbed, select your desired temperature and time.

**Storage:** Please store in a cool and dry place. Keep sealed and out of direct sunlight. Sachets can be refrigerated and reused two more times after your first soak.

**Contraindications:** For external use only. **DO NOT** use if you have metastatic cancer, bleeding disorders, are pregnant, have infections, open wounds or sores on your feet, or if you are hungry or within 30 minutes of a meal. Avoid doing soaks under a draft, speak with your acupuncturist regarding treatment for children, and be cautious when you have a cold or allergies. Some people report vivid dreaming when doing soaks close to bedtime; if that's the case, soak earlier in the day.