

# Herbal Foot Soaks



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at [Healing Waters Clinic & Herb Shop](#)

*Healing Waters Clinic & Herb Shop*

## Herbal Foot Soaks

The health of a person's feet is usually last on their list of concerns. They are the "low man" on the totem pole, as the expression goes. We believe that in taking a holistic approach, the whole body needs to be cared for, including the feet.

Below are sample formulas to promote foot health. Essentially you are going to make a tea with the herbs, soak your feet in the tea, and reuse the same tea for a week.

Bring four quarts (gallon) of water to boil in a five quart pot. Empty entire contents of the bag of herbs you have received from us into boiling water and turn down to simmer. Let the herbs extract at a low boil for 30-40 minutes and then turn heat off. Let sit for about one hour to cool down.

## Plantain Foot Soak

This formula will help get rid of toe fungus, and rejuvenate the feet and toenails.

Plantain leaf  
Stillingia root  
Red Rose petals  
Red Clover blossoms and herb  
3 oz. each of cut and sifted herb to 4-5 quarts of water

Put herb tea in a foot basin. More hot water can be added as needed. Soak feet in the bath for at least 30 minutes. Put tea back in pot on stove and cover until next use. The next day, reheat the tea to boiling and soak feet again. Repeat for seven days, and then discard herbal tea. Do not let others soak their feet in the same solution; this is for individual use.

## Fancy Foot Soak

This herbal combination will soothe and relax.

Marshmallow root  
Chamomile flowers  
Sage leaf  
Sea salt

Add a handful of each cut and sifted herb and the sea salt to a dishpan. Fill halfway with hot water. (If you prefer, you can make a strong tea of the herbs and add to the hot water and sea salt in the tub.)

Soak your clean feet in the bath for 15 to 30 minutes, adding more hot water if necessary. Dry feet well and apply moisturizer.

## Heel Softener Rub

If you're inclined to run around barefoot, chances are your heels tell the story. Use this mixture regularly, along with a pumice stone, to transform those rough, dry heels. This “rub” (ointment) is good to massage into feet daily.

- 1 tablespoon cocoa butter
- 1 tablespoon marshmallow root powder
- 1 tablespoon beeswax
- 1 teaspoon of apricot, jojoba, or almond oil

Place all ingredients together in a non-metal pot. Warm until all ingredients are melted together. Whisk. Remove from heat and store in a jar, covered.

We also recommend Bette K's New Feet. This is an inexpensive ointment to rub into feet and on calluses, corns, and rough dry areas. You can order this wonderful ointment from [Healing Waters' Herb Shop](#).

**Note:** formulas for Fancy Foot Soak and Heel Softener courtesy of Frontier Natural Herbs.

You can order all herbs from our online [Herb Shop](#). They will be delivered right to your front door.

Herb Shop: <http://herbshop.healingwatersclinic.com>

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