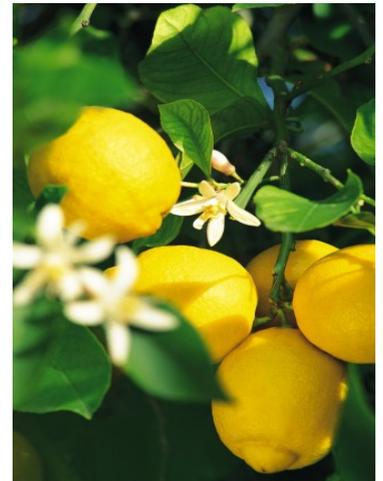


Lemon Footbath

Lemon footbaths are a simple, yet very effective way to ground yourself and support healing and wellbeing. Lemon footbaths stimulate blood circulation, support our warmth body and promote gentle cleansing and healing. They are perfect to use during transitions and times of change or when you feel a bit overwhelmed or have a lot going on. Children can especially benefit from lemon footbaths when they have picked up too much from the environment or after busy days out and about. The healing qualities of lemon will help ground them and restore balance and harmony.

You Will Need:

1. **A bowl for your feet** – you can use a plastic laundry basin or very large stainless steel bowl or stock pot. (NB It needs to be big enough for the water to cover past the ankles)
2. **A juicy lemon** (preferably organic!)
3. **A sharp knife**
4. **Kettle** for boiling water
5. **A large towel** or cotton blanket



Method:

- Decide where you will set up the space for the footbath. You will need a comfortable chair that the patient can sit upright in, rather than a lounge. Ensure the room is quiet and conducive to relaxing. Place the basin/bowl at the foot of the chair. Tuck one end of the towel under the basin to prevent it from moving or falling in the water.
- Fill the bucket with hot water. Ensure there is enough water to reach past the ankles. The water should be hot, but ensure it does not burn or be uncomfortable for the patient. Ideally it will still be hot enough to turn the feet a little pink.
- Put the whole lemon in the water first before cutting it to ensure that the life force and essence is retained in the water. Cut the lemon in half and then again cut a cross-section in each half.
- Squeeze the lemon well and also scrape some of the skin. Stir the water briefly.
- Place feet in the bucket and quickly cover your legs completely with the towel like a tent and then gently rest for at least 10 minutes or up to 20 minutes. During this time maintain the water temperature by refilling with a little boiling water as needed. (NB: keep the kettle close by if you are doing it for yourself!)
- Avoid any stimulation (talking/music/reading) and just relax quietly. If you need to stay with your child, refrain from talking and just sit quietly, modelling to them relaxation.
- When finished remove feet from water and dry them off well.
- Immediately put on some warm socks (even if the temperature is warm).
- Continue to rest quietly for another 10 minutes or so – this is important to allow the full benefit of the healing process to be experienced and received.