

Detoxing Foot Soak

Adapted from: <https://campwander.com/2014/02/5-benefits-mini-detox-foot-soak/>

A detox soak with epsom salts is a natural way to draw those toxins out and replenish magnesium of which most of us are deficient. Since our feet have the most and largest pores of the body, a detoxing foot soak can be very efficient in a short amount of time. It's an excellent place to absorb the magnesium in epsom salts as well as anti-fungal essential oils.

5 Benefits of a Mini Detox Foot Soak

- ~ Boost your magnesium intake
- ~ Ease stress, improve sleep
- ~ Flush toxins
- ~ Helpful during illness, clear congestion
- ~ Reduce inflammation, reduce muscle pain



1. To get started you'll need something large enough for both your feet and deep enough that the water reaches your ankles.
2. Keep a bath towel under your water bath just in case, it will come in handy when you step out of the water.
3. Fill container with water that's hot enough without burning your skin, **very warm** water is needed for a good detox.
4. Just an option, you can add 1 teaspoon of liquid soap.
5. Add 1/2 cup of epsom salts.
6. Stir to dissolve with a wooden spoon.
7. Option: Add 10 drops of pure essential oils. Keep in mind a detox soak can tackle multiple issues like **toenail fungus** or **athlete's foot** depending on the oil you add.
8. If you dry brush, do so before soaking your feet. This step will help get rid of dead skin and open up pores.
9. Ease your feet into the very, very warm water and close your eyes. Relax and renew for 10 to 15 minutes.
10. Remove your feet and pat dry. If it's close to bedtime, this would be a great time to apply foot cream.