



The Footbath

The aim of this exercise is to experience having a footbath and then to reflect on your experience. There are sample questions below to help your investigation of this activity. Try to do the footbath at least three times on different days as part of the exercise. Share your experiences within your group. If living locally, how about giving a footbath to each other. What conclusions can you draw about the role of the footbath for therapy?

Before the footbath

- How does my body feel? Where is there tension, where am I relaxed?
- How do I experience my etheric life/vitality? Am I warm/cold? Do I feel strong/weak? What is my energy level?
- How am I feeling? How am I on the mental/soul level? Do I have pain? What is my general state of mind?

During the footbath

Quietly relax and experience the process.

After the footbath

- Did anything change? (Use your observations preceding the footbath as a baseline) If you did see changes-please describe them.
- How did you feel during the different stages of the process (preparation/implementation/follow-up)? Were there any uncertainties, challenges?
- What were your experiences? Can any conclusions be drawn from your observations?

Try to add more observations to your reflection. These might include thoughts on the role of the water, or how using the oil/bathmilk enhances the process, did you observe changes in warmth, etc.

Additional possibilities to deepen understanding of what the footbath can do might be

- Have the footbath at different times of day
- Get someone to give you a footbath
- Give a footbath to someone else and observe their response

Directions for giving a footbath

Gather the necessary materials

- Footbath or large dishwashing bowl
- Essential oil or bathmilk e.g. lavender, rosemary, citrus, etc
- Water
- Towel for drying the feet after the footbath
- Large bath towel for draping
- Possibly a floor mat if worried about spills

The Process

- Fill the footbath/bowl with water heated to about 37°C.
- Add a few drops of essential oil or 1 tsp bathmilk and mix by hand into the water.
- Place the feet in the water. The water should at least cover the ankles, higher if possible.
- Cover the recipient with the large bath towel from the hips down over their lap, legs, and feet to the floor with the large bath towel. The footbath is within this little cocoon of warmth.
- Rest with feet in the footbath up to a maximum of 15 minutes--to avoid water becoming cold
- Dry the feet, do not rinse
- Put on warm socks
- Rest for 15-30 minutes or for the night if having the footbath before bedtime.

To finish

- Clean the footbath
- Wash the towels