

Instructions: Footbath with lemon

Materials

- A basin with ½ liter boiling water
- Lemon (organic)
- Knife und fork
- 1 large terrycloth towel
- 1 mug

Instructions

- Pour the boiling water into the basin
- Cut the lemon in half with the knife and fork
- Hold each half with the fork and cut into the skin all around
- Squeeze out the lemon with the bottom of the mug, then leave the lemon in the water

Lemon's essential oils dissolve better in boiling water.

- Add enough cold water until the desired temperature (not warmer than body temperature) is reached, the patient must find it pleasant
- Mix the water by hand, using a horizontal figure-eight motion
- The patient sits on a chair, his knees are covered with a terrycloth towel
- If hands and feet are to be bathed, this can be done with the same water one after the other
- Duration: 10 min. (or 10 min. each for hands and feet)
- After drying the feet put on fresh socks
- 10 min. post-treatment rest