

Ān Medi-Zen

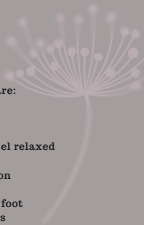
customized herbal foot soaks
are available for purchase
www.anmedi-zen.com/shop

Herbal Foot Soaks



The benefits of using a foot soaks are:

- soothe sore muscles
- moisturize dry skin
- aid relaxation
- Relieves stress and helps you feel relaxed
- Eases pain and muscle cramps
- Boosts nerve and muscle function
- Helps prevent blood clots
- Reduces and prevents athlete's foot
- Loosens skin to remove splinters
- Treats toenail fungus
- Soothes pain from sprains and bruises
- Eases gout pain and discomfort



Calm, Cool & Zen

HERBAL FOOT SOAK

DIRECTIONS

THINGS YOU NEED TO ENJOY
a calming foot soak:

- A consistent source of hot/warm water
 - A safe & peaceful place to sit
 - Some water or tea for hydration
- A book or something to occupy your time
 - A towel
- A comfortable sweater/ clothes

INGREDIENTS

Chrysanthemum, Hibiscus, Lavender, Mint

Too cold? Add Fresh Ginger slices to the foot soak

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