

Keeping track

How do you feel after your foot bath? Log your results here:

Foot Bath	Date	Start Time	End Time	Length of time	Comments / Results
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

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You can support our work by **sending a donation** or **donating online** through our website: www.camphillwellbeing.org.uk or contact: admin@cwt.scot

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Help Yourself with a **FOOT BATH** using Weleda Bathmilks

Camphill Wellbeing Trust is a medical charity offering an extended and integrative approach to health and wellbeing

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- FOOT BATH -

Patient name: _____ Date: _____

Review date: _____

Foot baths can support your wellbeing in a number of ways depending on the bath milk used.

For you, a foot bath using the following milk is recommended:

- Lavender bath milk:** to calm, relax and help with sleep
- Rosemary bath milk:** to stimulate, increase circulation and relieve pain
- Citrus bath milk:** to awaken, stimulate skin and senses
- Wild Rose cream bath:** to nurture, balance and help relaxation

Weleda bathmilks / cream baths are bodycare preparations. Prescriptions are not required.

Do not use:

- if you have an allergy or sensitivity to any ingredients of the bathmilk
- if you have inflamed varicose veins or thrombophlebitis

In addition, do not use rosemary or citrus bath milk if:

- you have damaged or infected skin on your legs / feet
- you are under 12

Directions for use

1. Use a foot bath for ____ minutes, ____ times a week for up to ____ weeks.
2. Log your foot bath and result on the back page.
3. If your symptoms have not improved after this time, contact us for further advice.

What do you need?

- **Comfortable chair** with back support
- **Waterproof container** – ideally large and deep enough for feet and calves to fit inside in a seated position i.e. a clean mop bucket
- **10-15ml (2-3 tsp) bathmilk** for 15 years +, less for children
- **Water thermometer**
- **Large towel**
- **Blanket**
- **Woollen socks**

How to prepare and use a footbath

1. Fill the large container with water at 37°C. Check this with a water thermometer or with your elbow as for a baby's bath.
2. Add the bathmilk and mix with hands using a figure of 8 movement for one minute.
3. Sit comfortably on a chair with back support and place feet in the water
4. Place a towel over the knees so that it falls over the edge of the footbath.
5. Cover shoulders and upper body with a blanket for warmth.
6. The feet should remain in the footbath for as long as is comfortable, ideally between 15 – 30 minutes.
7. Remove legs from the footbath and dry carefully, especially between the toes.
8. Put on soft woollen socks and rest lying down for 20 minutes, or go to bed and sleep (when using lavender or wild rose bath milk).

You can also watch a foot bath video on our website:
www.camphillwellbeing.org.uk/help-yourself