

Lemon Footbath

A lemon footbath can be used daily as preventative healthcare or in some acute illnesses such as a headache or over stimulation. It helps a person to ground and re-centre by harmonising the distribution of warmth, easing built up emotions and promoting healthy rhythms. It is very beneficial to support transitions such as when children transfer between parent's homes, return from holidays, prepare for school or need help to wind down.

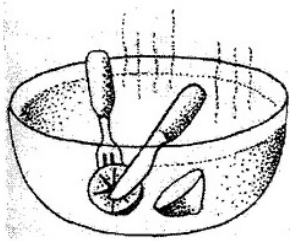
Instructions

Fill the bowl with warm to hot water. In general the water should reach over the ankles towards the calves and be very warm and comfortable but not burn.

Place the bowl near a comfortable upright chair at a height that the feet will reach the base of the bowl.

Drape the smaller of the towels down the front of the chair to stop draughts entering from under the chair.

Rest the bowl onto one end of the large towel so that the towel is kept from slipping into the water and can wrap over the bowl to the thighs and then be tucked under the legs to secure it.



Put the lemon in the water and cut it under water so that the life of it's juice and oil is transferred to the water. Cut the lemon in half, scrape the skin and cross-section each half and squeeze.

Expose the feet and place them in the bath, cover the knees with the large towel and secure it under the thighs. The third towel is used to drape around the shoulders.

Maintain the water temperature while the feet are in the bath for 10 – 20 mins. It can be useful to have a pre-boiled kettle within reach of the bowl, ready if needed. Keep the rest of the body dressed and at a comfortable temperature.

Take out one foot, dry it well, apply oil (optional) and a long warm sock. Repeat with the other foot. Continue to rest for another 10 mins. The rest period is equally as important as the footbath as it is during this time that the breath comes into harmony.

Caution

Do not use a lemon footbath when fever is present or during pregnancy.

Note: Some children benefit from being told a gentle story or having marbles in the bowl to feel between their toes to keep them from becoming restless. It can also be comforting to hold a hot water bottle. In time, build towards a quiet restful space, free of unnecessary conversation and noise.

Equipment

- Juicy yellow lemon (preferably organic)
- Bowl for your feet (eg 10 litre wash basin)
- Hot Water
- Serrated knife
- Bath sheet (or large towel)
- Two bath towels
- Massage Oil
- Long warm socks



Instructions prepared by therapists for *Developing the Self* *Developing the World*

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