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Foot Care:

Requirements: 1 basin large enough to fit both feet, and enough marbles to cover feet.

Note: Do not stand up on the marbles. Use only while seated.

Step 1: Fill the basin with all of the marbles.

Step 2: Place bare feet in the basin.

Step 3: Roll feet (remember to also wiggle your toes) around in the marbles.

Step 4: If your feet are swollen, place a thin layer of cool water in the bottom of the basin with 2-3 drops of peppermint extract.

Therapy Guidelines provided by Above & Beyond Massage Therapy Clinic.

Not responsible for any injuries that may occur from home care.