

# HOT FOOT BATH

## **Definition:**

The *Hot Foot Bath* consists of immersion of the feet, in hot water, (100° to 104°) for 15-20 minutes to increase and equalize blood circulation throughout the body. The Hot Foot Bath is one of the best overall body decongestant treatments.

## **When to Use:**

- To warm body (generally or to prepare for a cold treatment)
- To enhance other treatments (i.e., intensifies body heating in fomentations)
- To assist in prevention of illness (stimulates immune function)
- To aid in relaxation
- To help stop a nose bleed (draws blood away from nose)
- To relieve congested areas through reflex action such as the:
  - Head (headache, nasal congestion)
  - Lungs (cold, asthma, bronchitis)
  - Pelvic organs (menstrual cramps)

## **Equipment:**

- Container large enough for feet with water covering ankles
- Pitcher—to take out and add water with
- 2 Towels
- Washcloth
- Cold water in small pan
- Double sheet and/or blanket
- Water thermometer (optional)

## **Steps to Follow:**

- Put water in large container; the farther up on the legs the water comes, the more effective. (start at about 100°)
- Assist placing feet in water (may be too hot if feet are cold)
- Drape both patient and container with sheet/blanket
- Add hot water as needed to increase temperature as tolerated
- Continue treatment 15 to 20 minutes
- Keep head cool with cold washcloth or hand towel around neck
- Complete with cold or ice water over feet briefly
- Dry feet thoroughly
- Allow 30 minute rest period

## **Cautions & Considerations**

Patient may be sitting or lying down.

Use extreme caution when treating impaired circulation & nerve sensation (not over 104°) (They cannot tell if it is too hot.)

Water temperature should never exceed 110° F.

Be careful when adding hot water not to burn feet; have patient move feet to one side and move water with your hand between their feet and the hot water.

Keep patient warm upon completion

## **Tips on doing treatment on yourself:**

It is easy to just sit on the edge of the tub with a foot bucket. Add whatever temperature of water you need from the tap.

## **Real Life Experience**

### **Hot foot bath for sinus headache**

Pete was visiting to learn about what happens at live-in lifestyle centers. He was skeptical of all the amazing improvements he heard that happen to health guests.

When he got by himself with Mike, the hydrotherapist, he told him that he had had a sinus problem for 25 years with chronic pressure and headaches. Mike told him how to do a hot and cold treatment to his sinuses in his room that evening.

The next day Pete came up to Mike and said, "It didn't work, so I went to bed." He paused. "10 or 15 minutes later my sinuses began to drain until there was no more pressure or headache." A simple application of water sure made a believer out of Pete.