

Tibetan Herbal Foot Soaks-

This formula is designed to help deal with foot and heel pain as well as Plantar Fasciitis, poor circulation and many other health issues.

Herbs are added to a gallon of boiling water, simmered on low heat for 20 minutes.

Add a cup of vinegar if dealing with bone spurs, add a cup of vodka for pain without bone spurs.

Soak the foot in the hot solution for 15-30 minutes.

**This formula is very strong and not for internal use.
External Use Only!!**

Can be re-used up to 3 times. Add a cup of vodka and store in the fridge, heat it up before each use.

Ingredients: Chuan Wu, Cao Wu, Wei Ling Xian, Hung Hua, Ze Lan, Ji Xing Zi, Wu Jia Pi, Ze Xie, Ji Xue Teng, Gui Zhi

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Herbs are added to a gallon of boiling water, simmered on low heat for 20 minutes.

Add a cup of vinegar if dealing with bone spurs, add a cup of vodka for pain without bone spurs.

Soak the foot in the hot solution for 10 minutes or more.

**This formula is very strong and not for internal use.
External Use Only!!**

Can be re-used up to 3 times. Add a cup of vodka and store in the fridge, heat it up before each use.

Ingredients: Chuan Wu, Cao Wu, Wei Ling Xian, Hung Hua, Ze Lan, Ji Xing Zi, Wu Jia Pi, Ze Xie, Ji Xue Teng, Gui Zhi