



CHINA HERB COMPANY

How to Use Chinese Herbal Foot Soaks

A simple guide to soaking safely and getting the most from your formula

1. Before You Begin

DO NOT USE A FOOT SOAK IF YOU:

- X Are pregnant or breastfeeding
- X Have an open wound, cut, sore, or blister on your foot or leg
- X Are currently receiving cancer treatment (chemotherapy or radiation)
- ✓ Are soaking a child – please check with your practitioner first

Also: avoid sitting in a draft while soaking and wait at least 30 minutes after eating before you begin.

2. Four Easy Steps

1. Add hot water – Place one herb bag in a basin, large bowl, or foot spa. Pour in boiling water until the bag is covered.
2. Let it steep – Wait several minutes. The water will darken and take on the aroma of the herbs – that's the medicine releasing.
3. Test, then soak – Once the water is comfortably warm (not hot), place both feet in. Soak for 20-30 minutes. Drape a towel over your lap and legs to hold in the heat.
4. Dry off and discard – Remove your feet, pat them dry, and throw away the herb bag. Each bag is made fresh for a single soak.

Tip: the Sleepy Soak can also be poured straight into a full bath.

3. Find Your Soak

Use this page to confirm your soak matches what it's meant for, and to see anything special to know before you use it.

Bone Knitter Soak

For: Recovering from a broken bone, sprain, or fracture – especially when swelling is slowing healing down.

What it does: Encourages circulation around the injury so swelling can go down and the bone can knit back together.

Cara developed this formula when her own daughter broke both feet. It has been used in clinic ever since.

Tendon Soak

For: Plantar fasciitis, Achilles tendon pain, or tight, stiff tendons that don't loosen up on their own.

What it does: Warms the area and relaxes tight tissue so the tendon can move and heal more freely.

Works best with repeated, regular use – one soak alone won't resolve a long-standing tendon problem.

Neurosoak

For: Numbness, tingling, burning, or pain in the feet from neuropathy, including diabetic or chemotherapy-related neuropathy.

What it does: Brings warmth and circulation down to the feet and toes, where it's often needed most.

Use warm, keep your legs covered while soaking, and use consistently – this is a soak that builds results over time.

Itchy Soak

For: Itchy, scaly, or weepy skin on the feet – including athlete's foot and eczema.

What it does: Calms inflammation and itching, and helps dry out damp, irritated skin.

Often an especially good fit when itching tends to flare with stress or heat.

Sleepy Soak

For: Trouble falling asleep, staying asleep, or winding down at the end of the day.

What it does: Calms the nervous system and helps the body shift into rest mode.

Safe for children. Can be used in a full bath instead of a basin. Works best as part of a steady bedtime routine.

4. Common Questions

How long should I soak?

20-30 minutes, in water that feels comfortably warm – not hot enough to be uncomfortable.

How often should I use it?

Follow what your practitioner recommends. As a general rule, soaks for tendon issues or neuropathy work best with steady, repeated use rather than one-time soaks.

Can I reuse the same bag?

You can reuse the steeped soak, but only if your feet were clean before soaking. If you have a foot fungus, then it cannot be reused.

Each bag is ground and packed fresh for one strong soak. Reusing a bag means a much weaker soak the second time. There's no harm in trying, but it will likely be less effective.

What if my skin feels irritated afterward?

Stop using the soak and call your practitioner. This is uncommon, but worth reporting right away.

Can I use the basin water for anything else, like a houseplant?

Best not to – pour it down the drain when you're finished.

I have more than one kind of soak. Can I use two at once?

Check with your practitioner first rather than combining formulas on your own.

Still have a question? Call us at 215-546-5870 (M-F, 8am-4pm EST) or reach out to your practitioner directly. We would rather you ask than guess.

Contraindicated if pregnant or nursing. Contraindicated in the presence of open wounds. Avoid use during active cancer treatment. Consult your practitioner before use with children. Avoid drafts while soaking. Wait 30 minutes after meals.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.