



DETOX FOOTBATH



For renewing
every cell of
the body in a
natural way



Why detox through the feet?

Toxic overload is the theme of this century; the good news is that there are several ways to remove toxins from the body. The well-known main detoxification organs are the skin, kidneys, and the liver.

A less well-known fact is that the feet have many nerve endings and more sweat glands than any other body parts. As a result, Ayurvedic, Eastern Indian, and Chinese traditions all believed that removing toxins from the body via detox footbath is an effective way to support the major detoxification organs to achieve even more profound healing.

Ionic foot detox is a therapeutic way to remove toxins using electrical frequencies. These frequencies generate an ionic field that cleanses and purifies the body through the power of ions. During this process, the ions neutralise oppositely charged toxins.

How does it work?

The treatment is straightforward and relaxing. Soak your foot in salted warm water for up to 30 minutes (depending on what is required). We recommend that you use good quality sea salt or Himalayan salt. The display indicates whether a sufficient amount of salt is used or too much. It should read between 1.70-1.90 amp on display. During the session, the colour of the water changes due to the chemical reaction.

What are the benefits?

- Helps to improve and clear up skin conditions (especially fungal infections)
- Assist other detoxification organs in supporting the elimination process
- Stimulates weight loss
- Reduces joint and muscle pain and swelling
- Improves quality of sleep and relaxation

Are there any aftercare suggestions?

The body will continue to expel toxins after the foot bath has ended. Therefore, drinking lots of water after the treatment is advisable further to support the release of toxins via urine and faeces.

Is this for me?

The detox foot bath is for you if you want a complete, non-invasive, and relaxing detoxification package! The device is an excellent addition to the Med Matrix and the Med Audiocolor to boost the body's natural detoxification and de-stressing systems to feel fully rejuvenated.

Contraindications: some people should seek advice from their healthcare provider, including:

- Children under age 5
- Pregnant and lactating women
- People with pacemakers, electrical implants, and organ transplants
- People who have diabetes, congestive heart failure, or who are on dialysis
- People with open sores on their feet
- Haemophiliacs
- Transplant patients
- Epileptics

Are there any side effects?

Some people may experience nausea, dizziness, and headache sporadically. These healing crisis symptoms should not last for longer than three days. Please consult your healthcare provider if symptoms persist.

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