**Relax in a comfortable chair while letting the ionized water enter the body through the approx. 2,000 - 4,000 large pores in your feet. The circulatory and lymphatic systems transport the ions throughout the body, allowing these ions to neutralize oppositely charged toxins in the cells.  The body’s organs become energized and stimulated to rid itself of these toxins through normal processes of urination, defecation, and perspiration. Finish the session with the tranquility oil blend applied to your feet.**

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**The Benefits of an Ionic Detox Footbath**

The primary benefit of an ionic detox footbath is that it enhances the body’s own natural detoxification abilities. This allows the body to remove heavy metals and other toxic elements from the body more efficiently.

**Assisting the body’s natural detoxification process results in:**

* **A stronger immune system**
* **A reduction in chronic pain and inflammation**
* **Prevention of chronic disease**
* **Relief from the symptoms of chronic illness**
* **Potential weight loss**
* **Increased energy and focus**
* **Enhanced lymphatic drainage**
* **Better skin health**
* **Fewer headaches and migraines**
* **Improved circulation and heart health**
* **An overall feeling of relaxation and improved mood**
* **Stress relief**
* **A reduction of swelling in the feet and ankles**
* **Improved digestion and nutrient absorption**
* **Improved sleep**

Often, when we are working with a patient to boost their immune system, their progress can become stalled due to the body’s inability to remove toxins efficiently. If toxins are allowed to build up, the patient’s immune system suffers, inflammation increases, and the body reabsorbs the toxins it can’t get rid of.

By supporting detoxification and boosting circulation, we can ensure that the patient’s lymphatic system does not become blocked. This allows the body to push out any residual toxins, resulting in improved overall health for the patient.

**Who can benefit from an ion detox foot bath?**

Just about anyone can benefit from an ion detox foot bath to boost their overall health. In our experience, patients who suffer from chronic pain, illness, migraines, and fatigue experience the most dramatic improvement.

Ionic footbaths are also beneficial for those suffering from skin conditions, fungal or yeast infections, and digestive issues. This treatment also works well as an accompaniment to other therapies, such as IV therapies.

**Are there any risks?**

Side effects are very rare. However, some patients may experience mild nausea or dizziness after their treatment. You should always inform your doctor if you are in any health condition or take any medications to be safe. Patients with diabetes or open sores on their feet should not have a detox footbath.



