

Jeanne's Foot Detoxification

Offers a Natural Way To:

Release toxins and thereby promote a healthy attitude; detoxification provides nurturing, healing, and whole body awareness.

Detox foot baths are a natural way to remove toxins from your body. Natural health and healing enthusiasts frequently promote this painless procedure.

Bottom line: People have the option of a detox foot bath to remove toxins from their body.



Physical Benefits

According to practitioners, the physical benefits are wide and varied. Some clients report that a detox foot bath is said to make their joint movement easier in the knees and elbows. Basically, it's an alternative medicine option for people who suffer from chronic lymphatic and bone pain. Also, detoxification promotes weight loss (as it rids the body of crippling chemicals and increases metabolism). Improvements with the immune system are often noted after toxins are removed from the body. It's also effective in eradicating headaches and neck aches. In addition, a detox foot bath is often effective for lessening constipation and other bowel-related disorders.

Mental Benefits

There are mental benefits of a detox foot bath, too. Some of those are mental clarity and enhanced mental relaxation. People who enjoy detox foot baths say the treatments help them think better and stimulate their memory. Other mental benefits are better sleep.

Other Benefits

Just by simply caring for your feet will result to relief from a wide variety of problems. Remember the feet are the most active part of your body. Pampering them through different methods such as foot detox may seem impractical at times but they are actually worth every dime.



Healing and relaxation takes place when we allow it to happen, especially with our feet.

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INNOVATIVE SERVICE

Foot detoxification



\$25.00

*Call Jeanne by appointment only at
(405) 808-4598*

Jeanne's Foot Detoxification

What is foot detoxification?

The practice of foot detox dates back many centuries, when saints and monks travelled for miles while barefoot. They performed foot detoxification for the relaxation and rejuvenation of their body. Also, they would often keep their feet dipped into hot water. Over a period of time, this would give them an energy boost and wellness. Often, conditions such as: tiredness, muscular swelling/pain would normally subside. Greeks and Romans would use large public baths for detoxification. Herbs were added to the water for relaxation. The only difference between the process detoxification of yesterday and today is the use of more advanced and effective procedures for relaxation.

Modern day detox.

Currently, electrolysis is the process by which detoxification is accomplished. During this process, ions help cleanse the body by reacting with the electrolyte to eliminate toxins. Detox spa is the machine used for detoxification that resembles a look of a small tub of water. On a daily basis, our body comes in contact with a number of impurities and pollutants. These harmful toxins enter our body through the air, ingestion and skin contact. Our legs and feet have a number of pores and nerve endings through which harmful pollutants and toxins may enter the body.



How important is foot detoxification?

More and more people are seeking the benefits of foot detoxification. Without foot detox, toxins and impurities can lead to health implications i.e. atherosclerosis, vascular clogging, pain, heart complications and other illnesses. Absence may also affect the body's immune system; making it vulnerable to infections from bacteria and viruses. Receiving foot spa treatment at least twice a year can increase your overall health and wellbeing.

Detox foot spa: An effective method for detoxification.

The detox foot spa is a small portable tub that comes with electrolyte powder. It normally takes 30-60 minutes for a complete detoxification. You only need to dip your feet in the tub, fill it with water and add the electrolyte powder. The ions emitted from electrolyte enter your body through the—nerve endings and skin pores—on your legs and feet. Ions travel inside the body and aid in the removal of waste and toxins.

The color of the water will change in the tub, as toxins exit from the pores of your feet and react with electrolyte. Many people feel stress-free, light, and relaxed after the detox session. Ironically, we tend to follow the same traditions that our ancestors followed. For the last several centuries, foot detox has been a practice employed for overall health and wellbeing. Scientific advancements in the health industry has given us new and innovative ways of foot detoxification, which are convenient to use and very effective for a healthy life.

How does the machine help?

This machine is excellent for relieving stress-oriented illnesses i.e. insomnia, rheumatism, hemorrhoids, neuralgia, poor blood circulation, lumbago, dry skin, fatigue, allergies, frostbite, millaria, migraines, sports related injuries bruises and acne. sinusitis and adrenal insufficiency.



What exactly does the detox foot bath do?

- Reduces pain and enhances body detoxification
- Deactivates fungus, yeas and viruses
- Stimulates the immune system
- Promotes weight loss and helps improve blood circulation in the body
- Relieves tension and reduces inflammation
- Improves oxygen levels in the blood
- Helps reduce acne, wrinkles and other skin problems