



Benefits: Helps to improve **insomnia related to liver-fire**, depression, mental fatigue & bitter taste in mouth, etc.

Ingredients

Epsom salt - 1/2 tablespoon to 1 litre warm water.

Dried Chrysanthemum - 20 pieces (10gm).

Dried Lavender - 8 teaspoons (20gm).

Dried Peppermint - 25 leaves (5gm).

Warm water 8-10 litres.

Footbath tub or pail - 1 no.

Preparation

- (1) Wash Dried Chrysanthemum, Dried Lavender, Dried Peppermint in tap water & soak all ingredients together with Epsom salt in footbath tub or pail of some hot water to cover all ingredients for 10 minutes.
- (2) After 10 minutes, pour warm water in in footbath tub or pail & soak feet for 30 minutes.
- (3) During footbath, drink warm tea, preferably related to same health concern. ([Refer to teas' recipes](#)).
- (4) After 30 minutes of footbath, dry with towel & massage feet with olive, peppermint or coconut oil.

Note

- (1) For 1st week, can apply this foot bath 1 to 2 times daily & after 1 week, apply once every 3 other day.
- (2) Avoid soaking on an empty stomach or immediately after dinner.
- (3) Do not bath till 8 hours later.
- (4) To apply 1 foot bath's recipe per day & to seek your health expert's advice if you are on medications, pregnant or breastfeeding.
- (5) A warm foot bath must covers the feet & ankles, preferably up to knee cap at temperatures ranging from 100° to 115° F (43°C- 46°C).
- (6) Not advisable for those who have diabetes, high blood pressure & peripheral arterial diseases.

Reference: [Insomnia Facts](#).