

Anthroposophic Nursing: Foot baths

A Holistic Home Care Workshop

The simple foot bath is a powerful home care treatment that anyone can do to support health and well-being. They regulate and normalise many internal functions of the nerves, the breathing and circulation and the metabolism and can help manage chronic conditions such as arthritis, headaches, cramps, neuralgia, irritable bowel syndromes, insomnia, fatigue and exhaustion.

In this practice-based afternoon workshop, we will teach participants how to give a footbath to each other. The various substances that will be used will be discussed in terms of their indications for their soothing, stimulating, strengthening and refreshing properties.

This workshop is one of monthly series on Anthroposophic Nursing Care treatments that will also include the following:

25 September: Chest compress

23 October: Fever treatment

13 November: Abdominal compress

11 December: Foot oiling

Cost: \$50.00 (\$40.00 concession) including materials

When: 1pm-4pm, Saturday 24th of July 2021

Where: Charlotte's Health Retreat, 195 North Bank Rd., Bellingen, NSW 2454

Contact: Charlotte Rogers, m: 0402 469 699 or e: crogers3@mail2world.com

Bookings and Payment in advance are essential.

