



Perception footbath

In last years workshop we practised, among many other techniques, the shepherds footbath. In physiotherapy terms we call this nice and comfortable treatment "perception footbath". It's helpful for relaxation, stimulation of perception and peripheral blood circulation. Its use is only limited by open wounds, infections or other defects of the skin. At my place I adapted the programme culturally and I named it the grandmothers footbath. The grandmother of my mother was a traditional healer, she was well experienced with herbs, curing with water, symbolic treatments and prayer. She taught this treatment to my mother and I had the chance to learn it.

Here's the European version of the shepherds footbath:

"The grandmothers footbath"



This is a wonderful treatment which can be enjoyed together. Take a basin with warm water and put it on a large towel. Now ask your patient, who is sitting very comfortably on a chair, to dip her feet into the basin. A handful of fine-granular salt should be kept ready in a flat bowl as well as a soap and a fragrant massage oil. Now you are ready to start:

1. Take one foot out of the basin and soap it delightfully. Afterwards return it into the warm water.



2. Do the same with the other foot.



3. Take the first foot out of the water again, shake it gently and dab it lightly with a dry towel. Now you rub it with fine-granular salt. Take enough salt and rub the whole foot, also between the toes. Take your time and enjoy it. Then dip the foot again very slowly in the warm water. Take enough time so the receiving person feels this interesting transition stage.
4. Do the same with the other foot.



5. Take the first foot out of the water and dry it carefully. Now massage it entirely and intensely with the oil. Finish the foot massage with some strokes up to the knee and downwards again. Put a sock on the foot so that it keeps warm.



6. Now you can start doing the same with the other foot.



The treatment can go along with music and singing which should be perceived positively by the receiving person. It's thought to be music only in the background so that the silence or any conversation between you and the receiving person is always well audible. Grandma's footbath can last up to 45 minutes. Therefore the water should be well-tempered in the beginning.

I wish you much pleasure in learning and supplying this enjoyable treatment. It's easy to perform, in almost every place to realise and it needs only common objects. It can be successfully taught to family members, used for the homebased physiotherapy and for selfcare.