

INSTRUCTIONS FOR EPSOM SALT FOOT SOAKS

1. Place two tablespoons of Epsom salts into one quart of warm water. Do not use hot water. Please carefully check the water temperature with your hand before placing your feet into the water.
2. Soak your feet for fifteen (15) minutes twice daily unless otherwise instructed.
3. Cover the affected area with gauze and paper tape. Do not cover with a band-aid unless instructed otherwise.