

GINGER COMPRESS - HANDS/FEET



Grate 3 inches of root ginger into a bowl/foot bowl, add boiling water and let steep until cool enough to submerge the hands/feet. Soak hands/feet in the bowl till water is luke warm. Remove hands/feet and dry. This same infusion can be used again if within the

next 24 hours, leave in fridge until needed and then heat in a pot (but do NOT BOIL). Discard after the second treatment.

Please Note: If you are suffering from numbness, please check temperature with your elbow to avoid the water being too hot.



LET Therapy

Lymphatic Enhancement Technology

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