

Foot baths

After a long hard day on your feet, there is nothing quite as relaxing as a warm foot soak.

The wonderful aromatherapy essential oils and natural ingredients in your foot bath are sure to rejuvenate your sole.

What we use and why

Deep copper foot bowl. Copper is one of the essential minerals utilized in the human body. It is believed to improve blood circulation, increase energy, detoxify, reduce inflammation, and stabilize metabolism. Copper also stimulates collagen, which gives connective tissue in our bodies its strength and resistance.

Warm water helps to hydrate the tissue, relax muscles, and absorb the therapeutic properties of salts, oils, and herbs.

Smooth river stones provide a natural way for the reflex points at the bottoms of the feet to be stimulated.

Policies

Scheduling your visit

We ask our new clients to arrive ten minutes early for registration. We will try to accommodate same day requests for a specific appointment time. However, advance scheduling is still the best way to ensure that you receive the appointment time you prefer.

Cancellations

Please give a 24-hour advance notification should you need to re-schedule or cancel your appointment.

Cell phones and Cameras

To maintain our tranquil environment, cameras are not allowed and cell phones must be turned off before entering the Foot Sanctuary.

Children

We welcome children of all ages in the teahouse. The Foot Sanctuary cannot accommodate children under the age of 12. Teenagers between the age of 12-15 must be accompanied by a parent or guardian.

Payment

We accept MasterCard, Visa, and cash.

Business Hours

Mon - Fri 9a - 7p

Sat 10a - 7p

We can accommodate special scheduling for group parties.



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Connect with us on **Facebook** and **Twitter**

Teas and Toes

Teahouse and Foot Sanctuary

Foot Sanctuary



Telephone: (630) 469-TEAS

Foot Sanctuary Services

Reflexology

With over 7000 nerve endings, the soles of our feet are quite sensitive and responsive to the sensory input of reflexology.



Reflexology is a form of bodywork that applies pressure to the feet to effect corresponding parts of the body. Reflexology feels good but it is much more than a good foot massage.

30 min.	\$48
45 min.	\$68
60 min.	\$88

20 m Soak & 20m Reflexology with T ea service \$68

T ea service \$3.50

Foot Soaks

Famous herbalist Maurice Messegue believed treatment by osmosis to be most effective since the main healing ingredients rapidly penetrate the skin and sometimes reach the affected areas faster than if the same ingredients are taken internally.

20 min.

\$30

Herbal Foot Soaks

Detoxifying Soak

Strengthen immune system, increase circulation, improve sleep, and revitalize the body.

Slimming Soak

Stimulate metabolism, promote breakdown of fatty deposits, and increase energy.

Skin Rejuvenation Soak

Rejuvenate and nourish the skin. Reduce the appearance of blemishes and age spots.

Muscle & Joint Therapeutic Soak

Helps to relieve muscle and joint discomfort and aids in the recovery of muscle and joint stress.

Iron Man Soak

Known throughout the centuries by East Asian doctors and martial artists to promote strength, vitality, and endurance. Formulated specially for men.

Salt Soaks

Salts from the Dead Sea have been legendary for centuries for their therapeutic and beautifying properties on the skin.

Balinese Floral footbath

Infused with flower petals and essential oils of spices and herbs. Uniquely uplifting.

Ingredients: Petals, Dead Sea salt & Citrus oils

A day in Provence

Let the sweet scents of lavender transport you to faraway lands.

Ingredients: Lavender salt soak & flower petals

Milk Soaks

Silk milks detoxify your skin, relax sore muscles and relieve dry skin, restoring elasticity, leaving your skin feeling smoother and softer.

Pampered Cleopatra

Ingredients: Silk milk and rose petals