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In the ancient times, many monks and saints used to travel miles without any transportation barefooted. In order to rejuvenate and relax their feet, they would practise foot detox procedure. They used to take hot water and dip their feet into it for a significant amount of time. It would energise them and boost their wellness after some time. As a result, pain and swelling used to heal and subside. The Romans and the Greeks used to practice public baths for detoxification of the body. Adding certain herbs in the hot water can add to the health benefits associated with detoxification. Today, with the advancement in the healthcare industry, the process of detoxification can be done with the help of effective and efficient procedures for energy and relaxation.

Foot spa: A new age detox procedure

The electrolysis is considered as one of the best procedures used for detoxification. The ions produced in this process can help in eliminating harmful chemicals and toxins by attaching to them and drawing them out of the body. Detox foot spa is a portable machine used for cleansing the body. It contains a tub for filling hot water and is provided with electrolyte solution to add. It is a known fact that our body is exposed to lots of pollutants, toxins, chemicals, and impurities on a daily basis. These particles tend to interfere with the normal working of our bodyâ€™s systems. They can enter our body through the drinks we take, the air we breathe, and the food that we eat. Our skin can be one of the best entries for these chemicals get into our body through the pores. The feet can have a lot of nerve endings and pores through which these toxins and harmful chemicals can enter the body.

The awareness towards the benefits and importance of detoxification has encouraged more and more people to opt for regular sessions at foot spa and salons. Experts suggest that lack of regularity in cleansing the body can build up the levels of toxins and impurities. It can lead to health problems such as heart problems, vascular clogging, atherosclerosis, pain, and other illnesses. The immune system of our body is the one that is most affected due to these impurities, which ultimately can make us susceptible to various viral and bacterial infections. So, detoxifying your body twice or thrice a year can ensure a good health and well being.

Detoxification for a healthy life

With the help of foot spa, it will only take about half an hour to one hour for a complete body cleansing. You just need to put your feet in the tub filled with hot water and add the electrolyte powder. The rest is done by the ions that can attach to the oppositely charged toxins and draw them out of the body through pores of the skin. As a result, the colour of the water changes to dark yellow as impurities react with the ions. This foot detox treatment ensures a stress-free life for you with a light and relaxed feeling after the session.

You can feel stress-free, light, and relaxed after the detox session.

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Shaily writes articles on health related issue and medication. Among her many written articles one is on a foot spa. Know more about detox foot spa to a detoxify your body.

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