



Herbal Foot Baths

Please join us at Wellspring for this amazingly rejuvenating experience! Clinical Herbalist Meghan Thompson will administer herbal foot baths, using blends of herbs she has cultivated on her organic herb farm in Capon Bridge, WV. After your foot soak, you will receive a gentle foot rub with lotion to help moisturize, ease aches and pains, and feel loved and pampered.

First Wednesday of each month, 1:30 P.M.

Benefits of herbal foot baths:

- Improve circulation
- Lower stress/anxiety
- Improve relaxation and sleep
- Help with pain reduction/relief
- Boost immunity
- Help with detoxifying, when needed
- Improve lymphatic function, when needed

Masks and social distancing are required. Registration is requested, and space is limited to six participants.

To register or learn more, call 540-536-4981