What is an Ionic foot bath? Ionic foot bath is a holistic process that uses charged ions to draw out toxins through the feet, one of the body's key detox points. During your session, the ionic foot bath generates positive and negative ions that neutralize and pull impurities, heavy metals, and waste from your system. This gentle process supports your body's natural cleansing, helping to reduce inflammation, boost immune function, and improve overall vitality.

Your feet are more than just your foundation—they're a powerful access point to your whole body. Packed with nerve endings, lymphatic pathways, and somatic connection points, caring for your feet supports circulation, releases built-up tension, and gently stimulates deeper healing.

How does the ionic foot bath work? Ionic foot baths create positively and negatively charged ions in the water that interact with your body through your feet. These ions attract and bind to toxins and heavy metals in your tissues, helping release them through sweat and lymphatic drainage. Meanwhile, your feet absorb beneficial minerals. While research is ongoing, this method aligns with proven detox principles like promoting lymphatic flow and circulation. Many experts see ionic detox as a complementary therapy supporting overall balance alongside hydration, nutrition, and wellness practices.

Is ionic detox safe? Yes! It's a gentle, non-invasive process. If you have medical conditions or implants like pacemakers, please consult your healthcare provider before booking. *Note: Avoid medication, marijuana, or alcohol 2 hours before and after your session.*

Will I see visible toxins in the water? The water changes color during sessions, often interpreted as toxins leaving the body. However, color shifts result from the device reacting with salt, minerals, and impurities in the water, as well as oils, dead skin cells, and your body's pH. Many clients still report feeling lighter and more energized after their session.

How often should I do ionic detox? It depends on your needs. Some benefit from weekly sessions, especially when managing chronic stress or toxin exposure. Others prefer monthly maintenance. We'll help you create a plan tailored to your wellness goals.

Understanding the Water Color during Ionic foot bath: Water color changes during an ionic foot bath aren't just toxins leaving your body. The color shifts mainly come from reactions between the device, salt, minerals, and impurities—even if no feet are in the bath. When your feet are in the water, oils, dead skin cells, and your body's acidity or alkalinity also affect the color.

That said, ionic detox does support your body's natural cleansing by helping release toxins through your feet's pores via osmosis and improved circulation. Unusual colors may indicate your body is responding and detoxifying in specific areas.