

Hosting a Foot Spa for Seniors in Aged Care

memorylanetherapy.com

To honour and care for the feet is special gift you can give to the body, they carry us everyday performing simple tasks like walking, running and standing, and they are often neglected.

For many residents in aged care, sore feet are part of everyday life due to years of wear and tear. By introducing a foot spa session into your weekly program your seniors in care will be delighted, with over fifteen thousand nerves in the feet a foot spa can stimulate many feelings of bliss and increase the overall feeling of health and wellbeing.

In this article, we will give you the guidelines for hosting a foot spa that will be a relaxing, blissful, and inexpensive activity.

Benefits of a Foot Spa for Seniors

- Relieves stress
- Promotes circulation
- Reduce arthritic pain
- Improves sleep
- Enhances a sense of wellbeing

Items needed to facilitate a Foot Spa:

- Foot basin
 - Pumice stone
 - Nail polish remover
 - Nail polish
 - Emery board
 - Foot lotion
 - Foot brush
 - Almond oil
 - Cotton wool
 - Epsom or Dead Sea Salts
 - Essential oils: lavender, eucalyptus or peppermint
 - Foot scrub (can use sugar and salt)
 - Spray bottle filled with warm water.
 - Moisturizing cream
 - Sterilizing fluid or disinfectant spray
 - Dishwashing liquid
 - Towels
-
- **Important:** Nail clippers, scissors and cuticle nippers are used by experienced podiatrists. Please consult senior staff before using these tools.

Sterilization Guide

- Always thoroughly clean the basin between clients or use disposable foot spa liners.
 - After each foot spa, drain the basin and clean with dishwashing liquid.
 - Spray the basin with a hospital-grade sterilizer, and rinse with hot water.
-

Step by Step Foot Spa Guide

1. Begin by preparing the feet with a basic Pedicure

- Remove any existing nail polish with nail polish remover
 - Shape nails using the nail file, angle the nail file on the corners to round them
 - Soak feet
-

2. *Half fill a foot basin with warm water*

- Make sure the water isn't too hot so you don't burn your feet. You can dip your hands in to test the temperature.
 - Add 6 drops of lavender, peppermint or eucalyptus essential oils
 - Add a few small flowers or petals from the garden to the water for a nice touch
 - One tablespoon of Epsom or Dead Sea salts (Bi-card soda is also suitable)
 - 2 tablespoons of almond oil
 - Soak feet for 10 minutes
-

3. *Exfoliate the feet while they are wet*

- **Take some sugar, salt or** foot scrub lotion into your palms, and then rub it between both hands. Then one foot at a time lightly massage the scrub on the top and bottoms of the foot. Rub the feet in small, circular motions to exfoliate them.
 - Rinse off scrub in the basin and take the time to massage almond oil or foot lotion into the foot for a few minutes
 - Repeat on the other foot
-

4. *Grooming*

- Apply a small amount of moisturizing lotion to both feet.
- Dry nails with cotton wool and clean off any traces of oil with nail polish remover.
- Apply 2 coats of the clients desired nail polish colour to make the nails beautiful.
- Your client has now been treated to a refreshing, soothing foot spa.

For more activities for seniors visit:

<https://memorylanetherapy.com>