

Zen Zone Detox Foot Bath

30 minutes: \$30;



Cleanliness may not exactly be next to agelessness, but removing the body's toxins after years of exposure to all sorts of nasty environmental poisons is essential to feeling better, and thus younger, as we go through the aging process. This is the mantra of the rapidly expanding field of detoxification.

Basically we have two choices to make when we develop a condition or disease: treatment or detoxification. Detoxification involves the understanding that the body is the healer, and the energy is at the core of healing. Energy or the destruction of energy results from what we eat, drink, breathe, put on our skin, and from what we think and feel.

Put your heart, self-discipline and soul into it. Detoxification will be one of the greatest things you do for yourself in your lifetime.