



INSTRUCTIONS FOR WARM WATER (WET) FOOTBATH TREATMENT

1. Fill Footbath with warm water to ankle height.
2. Add a ½ cap of Electrosalt to each side of Footbath.
3. Place water filled Footbath on the floor near where you will be sitting.
4. Check the ReBuilder unit to ensure it is turned off. To ensure this, turn both knobs to the OFF position fully to the left (counter clockwise).
5. Plug lead wire into output jack number one or two on top of unit.
6. Place a **non-adhesive** electrode pad in each side of Footbath
7. **To turn unit ON, turn intensity knob clockwise. Use the intensity knob (1 or 2) that corresponds with the output jack you have plugged the lead wire into.**
8. Press the frequency button to set the unit on the 7.83Hz output (the 7.83Hz indicator light will come on). If during the treatment you change the frequency setting this will reset the internal timer back to zero.
9. Place feet in Footbath. The pads do **not** have to be touching the feet, only the water.
10. Gradually increase Intensity of the corresponding output knob until a pulse is felt in feet and legs. Initially set the intensity at a low level where you first begin to feel the stimulation, for the first 2 or 3 treatments. This allows your body to acclimate to the stimulation, afterwards adjust the level to what is comfortable.
11. Keep your feet in the Footbath for 30 minutes. The unit will automatically shut down; it will not be completely OFF, but will no longer be working.
12. Be sure BOTH intensity knobs are turned OFF.
13. Dry feet thoroughly and apply a moisturizing lotion to your feet. (We have Silver Body Lotion available)
14. During use, skin cells, normal bacteria, dust, and body oils may remain. Therefore, rinse out and air-dry your Footbath.