

FOOT SOAK

SUPPLIES

warm water

1/2 cup Epsom salt

5-10 drops of diluted lavender
essential oil - optional

moisturizer

PROCEDURE

Fill a basin or bathtub with enough warm water to cover your feet.

Add the salt and mix to dissolve.

Add the oil and stir.

Soak your feet 20-30 minutes to relax.

Dry your feet off and then moisturize them.