

Natural Relaxing Foot Soak



Epsom Salt it is a great pain reliever and is a magnesium-rich detoxifier. In addition to treating sore muscles, it helps relieve dry skin. Baking Soda is naturally soothing for the feet, helping remove bacteria and odor.

Peppermint is refreshing and soothes aching muscles while also helping to release them by easing tension and tightness. Tea tree oil helps fight against bacteria and also provides relief to the feet by helping to treat wounds. Sweet orange nourishes the skin of the feet with its high vitamin C content, while improving circulation and helping prevent infection.

Ingredients

- 1 $\frac{1}{4}$ cup Epsom salt
- 1 1/4 tablespoon baking soda
- 6 drops peppermint essential oil
- 6 drops sweet orange essential oil
- 6 drops tea tree essential oil
- 1 – 1 1/2 gallon of warm water

Directions

In a bowl mix together the Epsom salt and baking soda and one or any combination of essential oils. Stir well. Place in a $\frac{1}{4}$ cup of the mixture in warm (not hot) water. Stir, and soak feet. Reserve the remainder in a glass jar with a tight fitting lid for another soak!

Warning: If you are pregnant or have diabetes please make sure to consult with your physician before using.