



## Foot Spa Treatment Ritual

Try this foot bath to soothe tired sore feet

If your feet are swollen, try following a hot foot bath with a cold one to improve circulation.



1. **Soak your feet in a bowl of warm water** that has small round pebbles in it - add sea salt and a few drops of essential oils (you can use Lemongrass, peppermint or rosemary - good for refreshing tired feet, Lavender or sweet orange - helps swollen feet and ankles, or germanium - which strengthens the skin and improves circulation.)

2. While the feet are soaking, **roll the soles of the feet over the pebbles**

3. Dry the feet, and **apply a scrub or a pumice stone**, to the whole of the foot, paying particular attention to the areas of hard skin, such as heels, sides of the feet, and under the toes.

4. Put the feet back in the water, and **soak off the scrub** and dead skin cells.

5. Dry the feet, and **apply a moisturising cream**, massaging it gently into the feet.