



## Invigorating Tea Tree & Mint Foot Scrub

**An excellent scrub that is both invigorating and refreshing. Both the tea tree and the peppermint provide the perfect solution for tired and aching feet.**

**Tea tree oil** is also known for its many properties, such as antibacterial, antiviral, antiseptic, antimicrobial, fungicide, stimulant, and insecticide.

When **peppermint oil** is applied to the skin, it causes surface warmth, which can rid the pain beneath the skin.



### Ingredients:

- 1 handful of sea salt
- 2 tablespoons of olive oil
- 2-3 drops of tea tree oil
- 2-3 drops of peppermint oil

### Instructions:

1. Place the sea salt in a bowl
2. Add the olive oil, tea tree and peppermint oil and mix well
3. Scrub the mixture into your feet
4. Leave the scrub on for 10 minutes
5. Rinse and pat dry
6. Apply moisturiser to prevent cracking and dryness.

**Note:** if you have cracked heels, this might sting a little, but don't be alarmed. The sting is the salt and tea tree oil working, which is known to kill bacteria.