

Peppermint & Eucalyptus Foot Scrub - For tired, aching feet

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MATERIALS

½ cup Dark Brown Sugar

3T Extra Virgin Olive Oil

5 drops Peppermint Essential Oil 30199225

5 drops Eucalyptus Essential Oil 30199219

DIRECTIONS

Makes 2 applications.

Keeps for up to 2 weeks in an airtight container or zip lock bag.

Put all ingredients in a small bowl and mix them together.

After bathing-simply rub and massage the mixture into your wet feet for 5 minutes.

Wash scrub off with warm water and pat your feet dry.

It's the perfect way to give your feet a treat after a tiring day.