



Relax and Detoxify with a Nightly Foot Soak!

They are a great way to wind down after a stressful day *and* they help detoxify the body!

The Salt Detox

2 cups baking soda

1 cup Sea salt

1 cup Epsom salt

A few drops of peppermint and lavender essential oil

Put ingredients in a foot tub filled with hot water and allow your feet to soak for 30 minutes. This one is Great for skin irritations and fatigue!