



FOOT SPA

HOME TREATMENT

the guild
of Nail Technicians

Feet have a tough job! This DIY foot soak will help you relax and leave your feet softer, healthier and refreshed.

WHAT YOU'LL NEED:

- Bowl/Tub (and warm water - big enough for your feet)
- Salt/Sugar/Epsom Salts (any will do)
- Coconut Oil
- Lime (juice and zest)
- Bowl (for the mixture)
- Cling film
- Cuticle oil (optional)
- Moisturiser
- Towel

INSTRUCTIONS:

- First, make the DIY Coconut Lime Foot Scrub.
- Mix 2 tablespoons of **Salt/Sugar/Epsom Salts** (your choice), 1 tablespoon of melted **Coconut Oil**, and the juice and zest of one **Lime** together in a **Bowl**.
- Prepare a **Bowl/Tub** with warm water and a large towel. Add a couple of slices of lime into the warm water
- Massage the DIY Coconut Lime Scrub into your feet (paying particular attention to your heels and balls of the feet), then place your feet into the warm water and soak for 10 minutes.
- Using a **Towel**, dry your feet thoroughly, pushing the cuticles on your toenails back whilst doing so.
- Apply **Cuticle Oil** to the cuticles, sidewalls and underneath the free edge of your toenails and massage in (optional step).
- Apply a generous amount of **Moisturiser** into the palm of your hand and massage into your feet. You should use enough moisturiser to leave a white film over your feet after rubbing it in.
- Wrap your feet in **Cling Film** and then a towel for 10 minutes. If you have a warm towel...even better! This step will help the moisturiser penetrate the epidermis of the skin rather than sit on top.
- Remove the towel and cling film and rub the remaining moisturiser into your feet (it should now melt in).

***TIP** - Coconut Oil helps kill bacteria, fungi and protects skin from microbial infections*