



Foot Soak Ritual

SOOTHE • DETOX • RENEW

Give your tired feet the love they deserve with this relaxing Balinese-inspired foot soak. Mineral-rich salts, detoxifying ingredients, and soothing botanicals ease tension, reduce swelling, and leave your feet feeling refreshed, soft, and completely renewed.

"Your feet carry you through life—take time to care for them today."

INGREDIENTS

- ♥ 1/2 cup Epsom salt (soothes aches & draws out toxins)
- ♥ 1/4 cup sea salt or Himalayan salt (detoxifies & softens)
- ♥ 2 tablespoons baking soda (cleanses & deodorizes)
- ♥ 1/4 cup apple cider vinegar (detoxifies & refreshes)
- ♥ 1/2 cup coconut milk powder (nourishes & softens skin)
- ♥ 1/4 cup dried lavender buds (calms & relaxes)
- ♥ 1/4 cup dried chamomile flowers (soothes & reduces inflammation)
- ♥ 5 drops tea tree essential oil (purifies & refreshes)
- ♥ 5 drops peppermint essential oil (cools & relieves tired feet)
- ♥ 5 drops lavender essential oil (relaxes & promotes rest)
- ♥ Dried cucumber slices or lemon slices (optional) for extra detox & freshness

HOW TO MAKE IT

- 1 In a large bowl, combine all dry ingredients and mix well.
- 2 Add the essential oils and stir until evenly blended.
- 3 Store in an airtight glass jar.
- 4 Use 1/3 to 1/2 cup per foot soak.



GRANDMA WENDY'S TIP

For an extra boost, gently exfoliate your feet with a pumice stone after soaking. Follow with coconut body butter or natural oil and cozy socks for ultra-soft results!

HOW TO USE IT

- 1 Fill a basin with warm (not hot) water—enough to cover your feet.
- 2 Add 1/3 to 1/2 cup of the foot soak blend and stir.
- 3 Soak your feet for 15–20 minutes.
- 4 Relax, breathe deeply, and let the soothing ingredients do their magic.
- 5 Massage your feet and ankles.
- 6 Pat dry and apply your favorite moisturizer or coconut oil.



BENEFITS

- 1 Helps detoxify and draw out impurities
- 2 Eases tired, achy, and swollen feet
- 3 Soothes stress and promotes relaxation
- 4 Improves circulation and reduces tension
- 5 Softens and nourishes dry skin
- 6 Deodorizes and refreshes feet
- 7 Promotes better sleep and overall wellness

PERFECT FOR:

- ♥ After a long day
- ♥ Post workout or exercise
- ♥ Travel days
- ♥ Cold or flu season
- ♥ Self-care Sundays

You deserve this time for YOU!

UPLIFTING THOUGHT

"When you take time for yourself, you fill your own cup so you can show up in the world with more love, light, and energy."

Self-care is not selfish—it's essential.

With love,

Grandma Wendy