

DIY Foot Scrub Tutorial With Patti

Getting your feet ready for summer begins with some essential foot exfoliation. Using a sea salt foot scrub is ideal for foot treatments because salt has natural antibacterial and skin softening properties. To further your spa-at-home experience, essential oils such as peppermint offer additional healing and sensory benefits too.

To avoid any skin sensitivity, refrain from exfoliating over open cuts or scrapes. Freshly shaved legs might also be too sensitive for some users.

Gather:

- One large shallow bowl 13" in diameter or larger. Alternatives: Ice bucket or cooking pot
- Fresh cut lavender flowers or rose petals
- Tepid water
- Sugar or salt scrub - I prefer Organic Fiji Peppermint Salt Scrub for its uplifting , soothing and cooling effects
- 1 large towel
- 2 hand towels

Setup:

- Place a large towel on the floor underneath your soaking bowl
- Create a sole soothing foot bath by placing small river rocks or glass stones on the bottom on your soaking bowl, scattering lavender buds or rose petals
- Add tepid water to your ankle line
- Scoop about 1/4 teaspoon of body scrub into the water and allow the oils and salt to melt

Treatment:

- Soak your feet for 7-10 minutes
- For pressure point stimulation, rub feet on top of stones several times

- One foot at a time, lift your foot out of the water onto a hand towel and apply a small amount of scrub
- Thoroughly exfoliate by rubbing the foot starting at the heel using circular thumb movements to further breakdown product and loosen skin cells in areas of build up
- Perform this circular movement on the bottom and top of your foot
- Next, focus on your sole using knuckle dragging movements downward toward the heel
- Pulling on each toe, distribute scrub around the nail bed, softening the cuticle
- Spread the bottom of your foot just below your toes to provide relief to your foot pad
- Resoak your foot and repeat the process on the opposite side
- Using one hand towel per foot, thoroughly dry your feet and wrap in the towel for about 5 minutes
- For added benefit, use heated towels at the end of this service. This will allow the organic coconut and salt scrub ingredients to soak into your skin and essential oils to further work their magic

Tip:

How to heat towels: Roll towels tightly and place the center under running water so moisten. The towel should be damp, not wringing wet. Place towels in a microwave for about 1 minute. Keep towels warm by wrapping them in a larger towel until ready for use.