



SOULFULLY GROUNDED

FOOT & LOWER LEG RITUAL 20 MINUTES

Everyone needs a little grounding every now and then. Stress can take a toll on the feet and ankles, particularly during pregnancy, and often it's where a lot of us carry water retention. This calming treatment is packed with gentle Sweet Almond and Wheatgerm oils and complemented with a flurry of Rose oil, Mandarin, and Bitter Orange to increase circulation and ease the effects of water retention.

To buff, soothe and help eradicate chapped & cracked skin on the heel area. Leave skin feeling refreshed, nourished and beautifully fragrant.

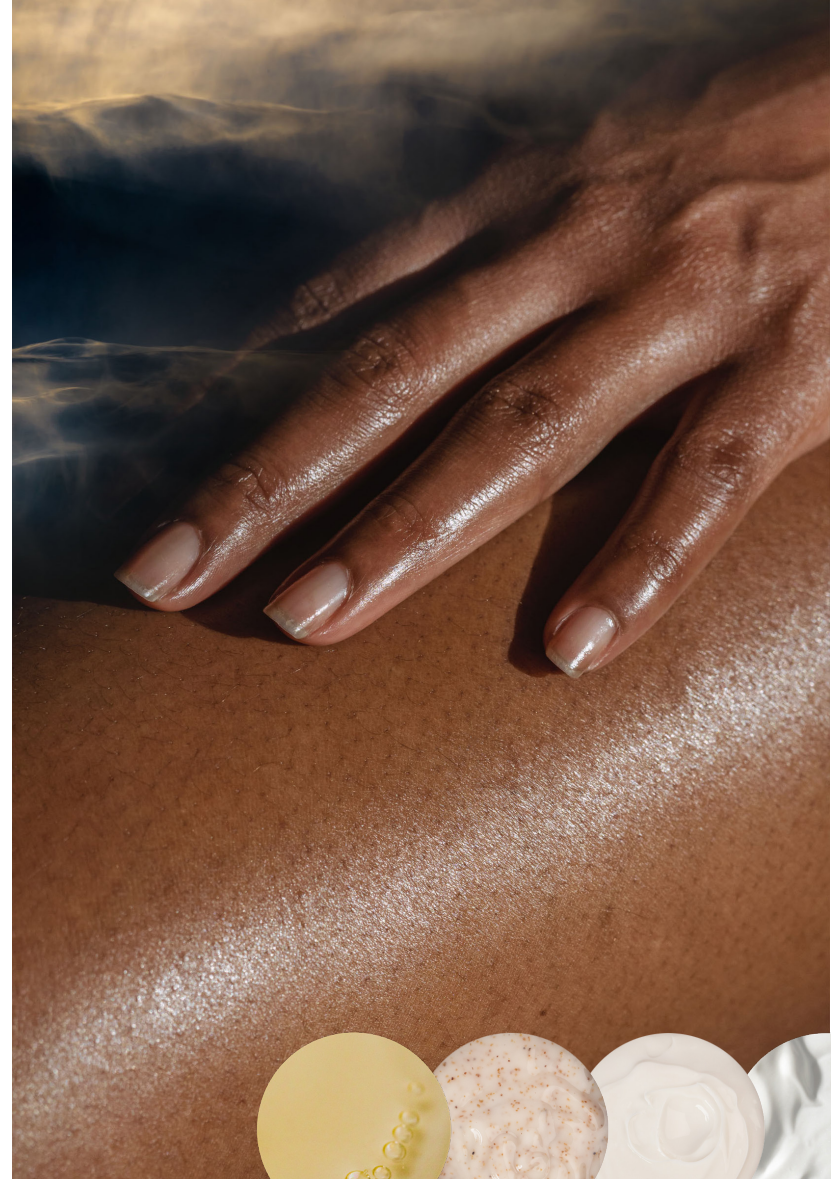
SOAK – the feet in a basin with a few drops of Bumps A Daisy Face, Bump & Body Oil.

SCRUB – the feet and lower legs with Bumps A Daisy Top to Toe Polish.

MASSAGE – the feet gently and lower legs with the Bumps A Daisy Face, Body & Bump Moisturiser.

FEED – nourishing the feet with Sole Food Foot Nutrition. With Sweet Orange, Neroli and Pomegranate to feed skin, helping repair cracks and soothe dryness. Safe for clients during pregnancy, just ensure you avoid pressure points on the feet whilst massaging.

TOP TIP – Drink plenty of water to flush out excess fluid and reduce swelling.



From left to right:
 Bumps A Daisy Face, Bump & Body Oil 100ml | 1L
 Bumps A Daisy Top to Toe Polish 250g | 2.5kg
 Bumps A Daisy Face, Body & Bump Moisturiser 250ml | 1L
 Sole Food Foot Nutrition 50g | 1L