



Bare Your Sole

Get your feet in tip top shape for the summer! Enjoy a soak in a refreshing foot bath followed by an invigorating exfoliation revealing baby soft feet.

A massage with Marine Therapy Pedi Balm soothes and leaves feet deeply hydrated.



Ingredients

- Marine Therapy Pedi-Scrub [1/2 oz]
- Marine Therapy Pedi-Balm [1/2 oz]
- Awaken Essential Oil [10 drops]
- 1 Lemon

Supplies

Large Bowl/Basin
2 Rubber Spa Bowls

Session Time: 20-30 mins

Recommended Price: \$20 - \$30

Cost Per Treatment: \$1.21 w/out Lemon

Instructions

1. Cut lemon into slices.
2. Warm procut prior to application.
3. Add warm water to large bowl/basin and add lemon slices and 10 drops of **Awaken Essential Oil**. Let feet soak in footbath for 5 minutes.
4. Remove right foot from footbath and smooth **Marine Therapy Pedi-Scrub** over the entire foot. Apply in small circular movements, paying special attention to rough/callused areas. Place foot back in bath, repeat with left foot.
5. Remove feet from footbath and wipe clean from excess granules.
6. Complete the treatment with a quick foot and lower-leg massage using **Marine Therapy Pedi-Balm**.