



Heart & Sole Foot Massage

Give overworked and tired tootsies some extra love. Indulge in the sweet scent of Milk & Honey while white & brown sugar scrub away rough skin and stimulate circulation. Then take delight in a relaxing foot massage as botanicals of Peppermint, Rosemary, Bay Laurel & Lemon Peel soothe and soften.



Ingredients

- Milk & Honey Sugar Scrub [1 oz]
- Herbal Select Foot Therapy Lotion [1/2 oz]

Supplies

2 Rubber Spa Bowls
2 Hot, Moist Hand Towels

Session Time: 20 - 30 mins
Recommended Price: \$20 - \$30
Cost Per Treatment: \$1.19

Instructions

1. Warm product prior to application.
2. Smooth Milk & Honey Sugar Scrub over the entire right foot. Apply in circular movements, paying special attention to rough/callused areas. Repeat on the left foot.
3. Remove Milk & Honey Sugar Scrub with a hot, moist hand towel.
4. Perform a foot and lower leg massage using Herbal-Select Foot Therapy Lotion.
5. **Optional:** using Start with a refreshing footbath to soften skin. Fill a large bowl or basin with warm water and add 10 drops Milk & Honey Customizing Complex and 5 drops Peppermint Essential Oil. Have client soak feet for 5 min.