



# Rock & Sole Foot Massage

Hardworking feet deserve a treat! Salts from the Dead Sea combined with Marine Extracts soothe and soften followed by a moisturizing wrap of European Rose Mud. A hot stone massage revitalizes and renews.



## Ingredients

- Marine Therapy Pedi-Scrub [1/2 oz]
- European Rose Mud [1/2 oz]
- Herbal Select Foot Lotion [1/2 oz]
- Peppermint Essential Oil [15 drops]
- Lemon Essential Oil [15 drops]

## Supplies

3 Rubber Spa Bowl  
4 Hot, Moist Hand Towels  
Plastic Wrap  
Hot Stone

Session Time: 30-40 mins

Recommended Price: \$30 - \$40

Cost Per Treatment: \$2.14

## Instructions

1. Mix **European Rose Mud** with 10 drops of **Peppermint Essential Oil** and 15 drops **Lemon Essential Oil**.
2. Smooth **Marine Therapy Pedi-Scrub** over the entire right foot. Apply in small circular movements - paying special attention to rough/callused areas. Repeat on the left foot.
3. Remove the **Marine Therapy Pedi-Scrub** with a hot, moist towel.
4. Apply the **European Rose Mud** to the entire right foot using small circular movements, repeat on left foot.
5. Cover both feet with plastic wrap and a bath sheet. Leave on for 5-10 minutes.
6. Remove **European Rose Mud** with a hot, moist towel.
7. Complete the treatment with a quick foot/lower leg hot stone massage using **Herbal Select Foot Lotion**.