



DIY Spearmint Oil

Foot Soak

by **Loving Essential Oils**

Your feet deserve some pampering. Tired and sore feet will benefit from soaking in a soothing bath. Give them an at home spa treatment with this invigorating homemade spearmint essential oil foot soak recipe. Spearmint oil has an energizing and invigorating aroma. It encourages a sense of focus while uplifting mood. It also has cleansing properties so it is a great oil for an all-natural essential oil foot soak recipe.

Ingredients

- 1/4 cup Epsom Salt
- 1 teaspoon Carrier Oil
- 3-6 drops Spearmint Essential Oil
- Large Foot Basin with hot water

Directions

1. Mix Epsom Salt, carrier oil, and spearmint oil together. For a carrier oil you can use fractionated coconut oil, jojoba oil, or whatever oil you desire.
2. Add foot soak blend to a large basin of hot water, stir and swirl the water around.
3. Immerse feet and soak for 15-20 minutes, as desired or until the water becomes tepid. For additional skin care, try using a pumice stone for exfoliating calluses and dry skin from feet at the end of your homemade foot soak.