

## REFRESHING FOOT SALTS!

EXPERIENCE IT! -Take a Walk on the WILD SIDE!

1/2 CUP EPSOM SALT

1/2 CUP SEA SALT

8 drops peppermint or rosemary essential oil

7-8 drops eucalyptus essential oil



Place all ingredients together in a THATSA BOWL JR or SMALL IMPRESSIONS BOWL. Seal and shake well to distribute the essential oils. To use: Place about 1/4 cup of mixture into foot sized container (consider the SEASON SERVE!) with just enough very warm water to cover feet! Swirl salts into water with your hand. Sit down, submerge feet, relax and ENJOY! Towel dry feet and apply lotion or moisturizer if desired! Makes enough for 4 foot soaks! Try this with COOL water when the weather is HOT! Makes a GREAT GIFT!

Your Tupperware Consultant: \_\_\_\_\_

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