



Herbal Foot Soak

Activity Overview:

Feet can be easy to forget about. They quietly do their job of supporting us throughout the day. Herbal foot soaks are a favored herbal treatment and self-care modality! Soaking your feet in the evening about once a week can be a healing habit to ease aches and pains, reduce odors, increase mobility, and love on our feet that ground and connect us to the Earth.



Time Required:

10-15 minutes

Materials:

- Epsom Salt
- Lavender Flowers (Dried)
- Peppermint (Dried)
- Rosemary (Dried)
- Eucalyptus Leaf (Dried)
- Essential Oils: Lemon, Peppermint, Rose, Lavender or your favorite scents)
- Muslin Bags
- Mixing bowls
- Spoon or stir

Directions

1. Combine your preferred combination of herbs together in a mixing bowl and stir until thoroughly mixed
2. Add Epsom Salt to your mixture of herbs and stir
3. Once the Epsom Salt and herbs are combined, add between 10-30 drops of essential oil to your blend.
4. Fill a large drawstring muslin bag with the herbal foot soak and tie closed.
5. Place your muslin bag with your foot soak basin and pour hot water (approximately 1 gallon) over it.
6. Once the water is at a comfortable temperature, place feet in basin, sit back, and enjoy!

Resources:

- After a foot bath is the perfect time to moisturize your feet!

Tips:

- Sources: *DIY Foot Soak*: <https://blog.mountainroseherbs.com/herbal-foot-soak-recipe>