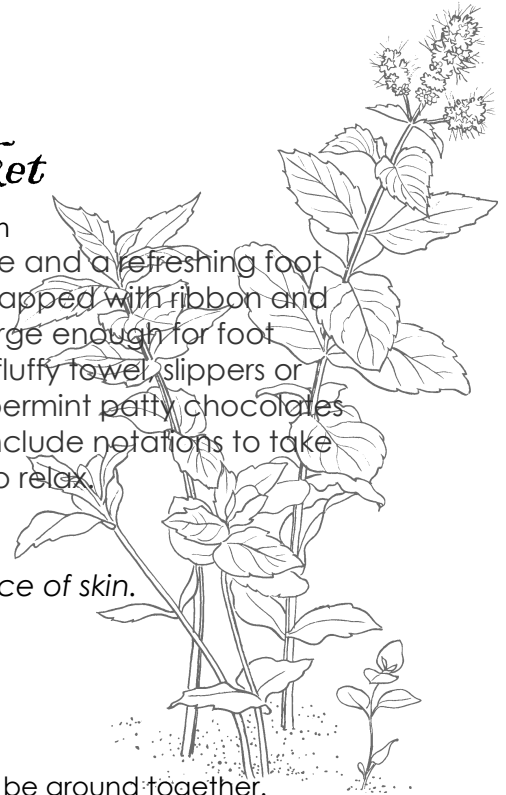


Peppermint Foot Spa Gift Basket

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For someone on your list who could use some relax time and a refreshing foot spa. Make Peppermint Foot scrub. Package in a jar wrapped with ribbon and instructions for use. Create a gift basket using a tub (large enough for foot soaking) include other goodies like, a washcloth and fluffy towel, slippers or comfy socks, Peppermint tea, a mug and box of peppermint patty chocolates and an inspirational book. Make sure the instructions include notations to take time to steal away moments of luxury and quiet time to relax.



Peppermint Foot Soak

Peppermint is stimulating and brings blood to the surface of skin.

The sea salt softens the water and the baking soda.

1 cup sea salt, coarse grind

½ cup Baking Soda

½ cup dried peppermint crushed

2 drops of peppermint essential oil if desired

Combine ingredients well. For a finer blend, ingredients can be ground together.

To use: place mix in a pan of warm water.

Soak feet for a minimum of 15 minutes to capture the full benefits.

Herbal Spa Salt Glow

2 cups of fine sea salt

4 cups Coconut oil

20-30 drops of essential oil

¼ cup lavender buds

Place all ingredients in a wide mouth jar. Blend well.

To Use: Dampen skin and massage the mixture starting at the feet and working in a circular motion. Use carefully on sensitive or damaged skin. After massage, rinse with warm water. Gently pat dry with a towel. Use caution in the tub...the oil may make it slippery.

Cooling Herbal Foot Powder

1 tablespoon finely ground dried lavender buds

1 tsp. finely ground dried peppermint leaves

1/3 cup cornstarch

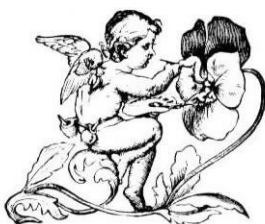
2 tablespoons baking soda

(optional) 1 or 2 drops of peppermint essential oil

Mix all of the dry ingredients well and then drop on the oil. Place in a zip-close bag or jar and shake well.

To use: Sprinkle the powder on clean, dry feet with a gentle massage motion

Also shake inside shoes to freshen them.



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