



# Nourishing Nail Oil

## You'll Need

- 20 drops lavender essential oil
- 10 drops lemongrass essential oil
- 1 tablespoon almond base oil
- 1 tablespoon coconut base oil
- small glass bottle with glass dropper

## Directions

Combine all ingredients together in small glass bottle with a glass dropper

Gently roll closed container between your hands for about two minutes.

Place one drop of oil on cuticles and gently rub over fingernails.

Store remaining oil in a dark cabinet for up to 6 months.

# Hand Exfoliant

## You'll Need

- 1 tablespoon baking soda
- 1 tablespoon almond base oil
- 2 drops peppermint essential oil

## Directions

Mix all ingredients together in small bowl with a spoon.  
Rub exfoliant all over hands. Rinse with water as needed.

# Relaxing Foot Refresher

## You'll Need

- foot tub or plastic tub
- 2 gallons of water
- 1/2 cup epsom salt
- 5 - 10 drops lavender essential oil
- 2 - 3 cups of marbles

## Directions

Add 2 gallons of water to plastic bin. Add more if needed to cover feet.

Add epsom salt and essential oil. Gently add the marbles.

Submerge feet into tub. Slowly swish around the water with feet to mix the salt and essential oil while also massaging with the marbles.