

CHAMOMILE FOOT SOAK

Wishing You
**MERRY FEET
& HAPPY TOES**

Made with love from

CHAMOMILE FOOT SOAK

HOW TO USE :

Add approximately 1/2 cup of the Chamomile Foot Soak to a basin of warm water, tune out all distractions, and soak your feet for 20 minutes.

Dry feet thoroughly, then moisturize with your favorite lotion.

Put on a pair of comfy socks and relax!

In combination with the Epsom salts, the chamomile also helps reduce swelling and relaxes the nerves for better sleep.

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