FOOT SOAK FOR CALLOUSED FEET

Ingredients:

- **4-5 litres of warm water in a bucket (that your feet will fit in)**
- **3 tablespoons of baking soda**
- **Soft scrub sponge / brush / pumice stone**
- **Moisturizer**
- **Lavender oil (optional)**

Directions

1. **Pour the baking soda in the bucket of water and stir the water until the baking soda is dissolved.**
2. **Soak your feet in the baking soda water for 15-20 minutes.**
3. **After you're finished soaking your feet, use a scrub brush, sponge or pumice stone to thoroughly rub the underside of your feet.**
4. **When you're finished scrubbing, coat your feet in a moisturizer that has a high glycerin content, or simply coat your feet in coconut oil. Put socks on your feet to seal the moisture in. If you do this process before bed, then sleep with these socks on all night!**
5. **Repeat this process 1-2 times a week and then reduce to 1-2 times a month throughout the winter!**

If you want to make this pedicure a bit more intense, use some of the baking soda and water to make a small amount of paste to scrub your feet with before you scrub with a sponge or brush!