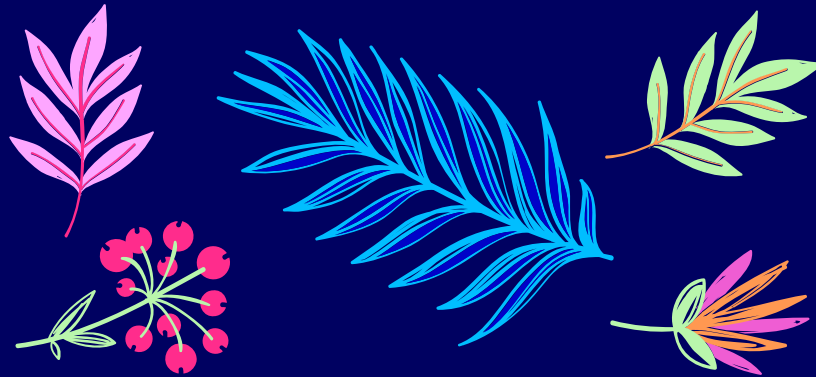


Spring Tonic Foot Bath



- 1/2 cup Epsom Salts**
 - 1/4 cup dried Stinging Nettle**
 - 1/4 cup dried Dandelion leaves**
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**1/4 cup Fresh Wheatgrass or 1/2 tsp powdered
Floral or woody essential oil- a few drops**

**1/2 cup Dandelions, Violets & other fresh or dried
spring flowers**

SPRING TONIC FOOT BATH

- 1. Pour Epsom Salts in foot bath basin. Add hot water, dried Nettle and Dandelion. Let steep.**
- 2. Add Wheatgrass and a few drops of chosen essential oil. If using dried flowers add them now too.**
- 3. If using fresh flowers can add a little cool water on top and then the flowers.**
- 4. Soak feet for 15- 20 min.**

Welcome spring in a way that seems right for you!

Spring Tonic Foot Bath by Melanie Johnson