

# foot care

♥ Our feet respond beautifully to a little love and attention, and there is nothing nicer than looking down at and wiggling clean, freshly moisturised feet. I spend a lot of time looking at my feet during my yoga class and it certainly makes me feel great if they are sparkling. Take some time out to give your feet a little care, they will love you for it.



# Happy feet recipes

There are thousands of commercial massage oils, lotions, scrubs, creams & gels available. Some are expensive, some contain harmful chemicals, and some are just rubbish.

Why not make pure cosmetics at home, its really easy and you know exactly what you are feeding your precious body.

They also make fantabulous gifts. How nice is it to receive a scrumptious cream that someone has taken the time to make for you . . . . Now thats Looove . . . .

Check out [www.hippyheavennaturalbeauty.net](http://www.hippyheavennaturalbeauty.net)

for loads and loads of super info on making & even marketing your own products.

I get my raw materials & jars & stuff from

[www.essentialsofaustralia.com](http://www.essentialsofaustralia.com)

Australia

[www.gonative.co.nz](http://www.gonative.co.nz)

New Zealand

# Soaking

Clean feet are lovely feet. Dirty feet are more prone to dryness and cracking. A foot soak has so many benefits, not only does it keep your feet clean, which makes them less likely to contract toenail fungus, plantar warts or athlete's foot.

Soaking your feet helps to soften your feet which makes it easier to remove rough dry skin from your soles + heels. Your circulation is also stimulated by a nice warm foot bath, great for cold feet.

Sore tired feet love foot baths, they relax and inflammation reduces.

I have a lovely copper bowl that I bought years ago, but you can just as easily buy a bowl from the \$2 shop.

I spread out a large fluffy pink towel. This is very important the towel must be fluffy and your favorite colour.

Place your bowl with whatever brew you have chosen onto the fluffy towel, in front of a very comfy chair. Pour yourself a wine, immerse your feet in the brew and relax..... ahh.... heaven.

There are lots of bubbly home spas available and they are fab, just ensure you clean them thoroughly. Bacteria, viruses + fungi just love to hide in the jets. Don't share it with anyone.

This brings me to another nasty, make sure the salon you get your pedi at is fanatical about cleanliness.

Some even ask you to bring your own implements. I think this is great.



# Yummy Soaks

## Smelly Foot Soak

1/2 Cup rice water  
3 Tablespoons baking powder

- Cook rice in enough water, so you have 2-3 cups left.
- Add baking powder to the water, let it cool a bit, until you can dip your feet in it. Let them soak until the water cools.

The baking powder is antibacterial so it kills any lurking bacteria & the rice water improves micro-circulation which in turn slows down excessive perspiration.

## Swollen Foot Soak

1/2 Kilo ginger chopped with skin on.  
12 Cups water.

Bring the water to the boil and add chopped ginger, bring back to the boil then turn off and leave overnight to cool.

Divide the mixture into four retaining the ginger.

Add one of the four to a basin of cold water ensure there is enough water to cover your ankles. Soak away in the lovely cool brew.

You can freeze the other parts in sealable bags.

## Sore Foot Soak

4 Cups warmed milk  
2 Tablespoons epsom salts  
6 drops lavender oil

Add all the ingredients to your big bowl and top with warm water. Sit in your comfy chair, immerse your feet in the brew.

Sip your wine. Close your eyes, don't move for 15 mins.

# Scrubbing

Ok so its time to put your fluffy socks back in the drawer and bring out your funky flip flops, yay summer is here!

Oh but those tootsies aren't looking so flash, they are a bit dry & scaly, whoops there is a callous and those heels, they just won't do.

Time for a scrub up, just like your face and body your feet need exfoliating too. This helps remove all the dead skin cells to make room for plump fresh cells to come through resulting in super soft sparkly tootsies you can be proud of.

Foot scrubs should be applied after a warm soak or bath, when the feet are damp. The skin is much softer and the dead skin comes away easier.



# Scrub a dub dub

## Scrummy scrub

2 tablespoons Brown Sugar  
2 tablespoons Ground Oats  
1 tablespoon honey  
1 teaspoon lemon juice  
1 tablespoon olive oil

Grind the oats in a food processor or coffee grinder until nice and fine. Mix everything together in a bowl till its pasty.

Soak your feet, after 10 mins remove one tootsie and massage half the mixture in circles all over your foot. Take your time. Sip your wine first. Place that tootsie back in the water & repeat on your other gorgeous foot.

## Soft foot scrub

1/2 C Jasmine rice  
1 chopped vanilla bean  
Jasmine tea

Grind the rice & the vanilla in a coffee grinder.

Mix to a paste with jasmine tea.

Apply to foot in circular movements

Rinse foot clean.

# Nourish

Nourishing the feet is so important in winter and summer. The cold can cause the feet to redden + become irritated + itchy. The heat and sandals expose the skin to dirt and dust leaving the skin parched and cracked. This is my favorite recipe. In the winter I apply it at night then slip into my bedsocks + leave it overnight.

In the summer I put it on in the morning before I head off for my walk, by the time I get back its all absorbed. Not only do I feel great, but I have gorgeous feet!

## tootsie food

- 2.5 ml Beeswax pellets
- 7.5 ml Coconut oil
- 7.5 ml jojoba oil
- 3-4 drops peppermint oil

Put the beeswax pellets, coconut oil + jojoba oil in a small pan. Heat very gently, don't burn it. When its all melted leave to cool, then add the essential oil + mix in. Pour the mixture into a jar + leave to set.

The peppermint oil is refreshing + deodorising while the beeswax forms a natural moisturising barrier, around your feet. The jojoba oil is perfect as it isn't greasy, dont want slippery feet down. The coconut holds it all together and smells divine.

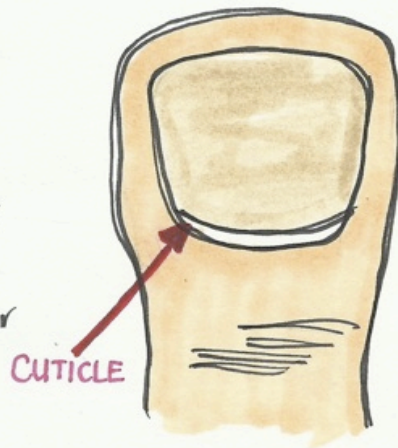
Thank you [www.realizebeauty.com](http://www.realizebeauty.com)

I triple this recipe to fill a 100ml jar, and it lasts for ages.



# Cuticle care

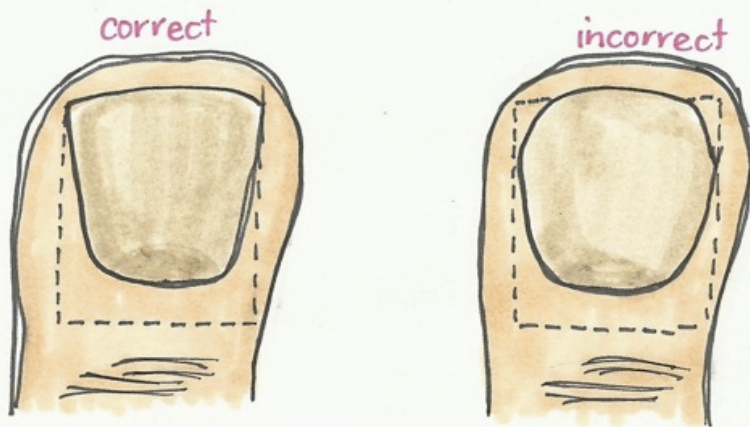
Your cuticle is the flat skin that lies between the fleshy part of your skin and your nail. Everybody is different, some people have lots of cuticle and some have none. It is important to take care of your cuticles, particularly if you like beautifully manicured toes.



If you don't keep them soft and pushed back they can split in the corners which can lead to yucky infections. I like to push my cuticles back after a foot soak as they are nice and soft. Dry your feet then gently massage a little olive oil into each cuticle. Using an orange stick (the only tool I like for my cuticles) very gently push your cuticles back. An orange stick is a wooden stick available from your local pharmacy, they are very cheap. If you have a lot of excess cuticle just do a little at a time, don't try and push it all back and once, for one it hurts and secondly you can damage your cuticle leaving you open to infection. Sometimes you will find a little skin left on the nail, you can scrape it away gently with your orange stick. Use a little pineapple juice to help break it down if it's stubborn, or just buff it away gently with a nail buffer. This will give you a lovely smooth surface for painting. Make sure you clean away any oil from the nail plate before you paint.



# Toe nails



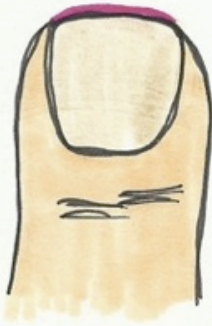
There is nothing too complicated about cutting your toenails, however there are a couple of things you need to keep in mind.

- choose a toenail clipper that is larger in size than your fingernail clipper. Use an emery board to smooth the edge after cutting.
- Always trim your nails dry, wet nails are weak and prone to breaking or bending.
- Don't trim too deep, trim just above the skin.
- Always file after trimming to stop the rough edges catching and tearing.

## Cutting

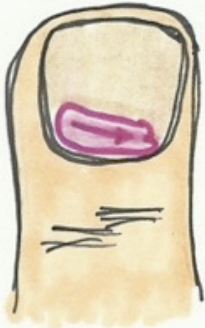
- Start cutting from one end go straight following the contour of the tip of the toe, Do not cut deep into the corners. See above.
- Avoid taking big clippings or cutting your nail in a single stroke. Make a few small cuts.
- Use an emery board to smooth sharp edges and rough ends.
- Always file in one direction until it feels smooth.

# nail painting

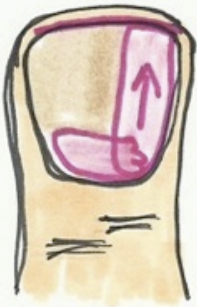


This is the technique I find the easiest see what you think.

① Paint the free edge of the nail, this is very hard to do without getting polish on the skin. Just wipe it off the skin quickly. This is an important step as it helps to prevent the polish from chipping.



② With polish on one side of the brush only, paint neatly around the cuticle line, not close enough to get it on the cuticle but don't leave a gap either. This gives a perfect line. One end will be neat and the other not so much, don't worry this is correct.



③ Again with polish only on one side of the brush go from the untidy end right through to the tip in one stroke.



④ Repeat again in the centre of the toe right to the tip and again on the other side. You won't need to get too close to the cuticle with these strokes which will keep the line straight.

# The Goddess Tootsie Ritual.

## Grab

2 large towells  
big bowl  
face washer  
nail clippers  
polish remover  
Cotton Wool  
nail file  
foot file  
orange stick  
big comfy chair  
glass of wine  
sore foot soak  
Scrummy scrub  
tootsie food.

1. Pour wine, take a sip, place on table by comfy chair.

2. Place 1 towel folded in half in front of comfy chair.

3. Prepare "Sorefoot Soak" in large bowl and place on towel in front of comfy chair.

4. Clip toenails, remove old polish and file rough edges off nails.

5. Give feet a file if you have a foot file (cheap at the chemist)

6. Sit in comfy chair sip on wine, immerse

feet into water say Ahhhh, close you eyes for 10 mins opening only to sip wine.

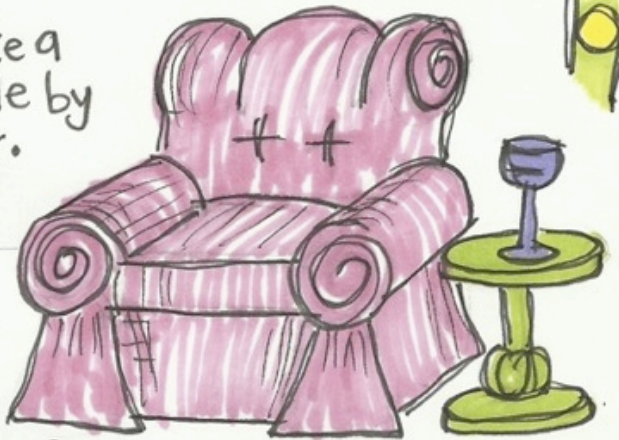
7. Remove one tootsie and slowly massage in 1/2 the scrummy scrub, place that tootsie back in the water & repeat on the other tootsie. Use the face washer to remove the last of the scrummy scrub.

8. Remove tootsies from footbath and dry with the other toewell. Push the cuticles back gently with the orange stick while the foot is still warm. Be gentle.

9. Now massage "tootsie food" slowly into each foot.

10. Get that "Gratitude Attitude" on and thank those gorgeous tootsies for all they do. re-read foot anatomy or repeat "Odetomy feet"

11. Sit back in you comfy chair, finish your wine and admire those beautiful tootsies.



# Foot massage

This is a wonderful way to start the day and it feels incredible

Find some scrummy lotion or make your own "Tootsie Food". Now lovingly apply the scrummy lotion to your tootsies one at a time. Go slowly don't rush, appreciate every part of your foot - be grateful.

There is a pulse on the top of your foot can you feel it, that's your heart delivering life blood all the way to your tootsies. Pretty amazing isn't it.

Concentrate on all areas of your foot and feel each toe, callous, tendon, muscle lump & bump.

Take some extra time as you rub your heel and thank it profusely for carrying the weight of your bod thousands of miles. Send loving grateful thoughts to your foot. Love that tootsie! Its such a very important part of your being.

Do this daily for the month and I promise your feet will look and feel so much happier

"They will love you!"



# Ode to my feet

Thankyou feet, you humbly carry my  
weight,  
You are a vital part of my being  
and I appreciate your strength  
and service.

You my feet are precious and  
I Love you.

