

# All you need is love Ylang Ylang

## FOOT BATH SOAK

### Ingredients:

- ½ cup Epsom salt
- 4 drops Peppermint essential oil
- 2 drops Thieves® essential oil blend
- 1 drop Ylang Ylang essential oil
- 1 drop Tea Tree essential oil
- 1 drop Frankincense essential oil
- 1–2 teaspoons AlkaLime®

### Instructions:

1. Combine Epsom salt and essential oils in a small glass container with a lid.
2. Pour the mixture into your bathtub or a foot basin, adding enough warm water to cover your feet.
3. Stir the mixture in the water until the salt dissolves.
4. Add AlkaLime and stir until it's dissolved.
5. Soak your feet for 20–30 minutes.

