



Pedi foot scrub recipe

Ingredients:

- 3.75 oz. refined shea butter
- .5 oz. refined coconut oil
- .25 oz. apricot kernel oil
- .5 oz. pumice, fine ground
- 15.25 oz. sea salt, fine ground
- .1 oz. sea clay
- 1.5 mL peppermint essential oil
- 1.5 mL spearmint essential oil

Instructions:

You will need a scale to accurately weigh out the ingredients for this foot scrub.

Step #1 - Using a digital scale, weigh out .5 oz. of refined coconut oil and 3.75 oz. of refined shea butter into a double boiler. Gently heat until melted then remove from heat.

Step #2 - Weigh out .25 oz. of apricot kernel oil and stir into the melted shea butter and coconut oil blend.

Step #3 - Using graduated transfer pipettes, measure out 1.5 mL each of both peppermint essential oil and spearmint essential oil. Stir into the liquid pedi foot scrub base.

Step #4 - Next, weigh out .1 oz. sea clay, .75 oz. fine ground pumice and 15.25 oz. fine ground sea salt. Thoroughly mix these into the liquid ingredients until evenly combined throughout.

Step #5 - Evenly divide your pedi foot scrub between two 8 oz. low profile jars.