

Foot Detox Recipes to do at home

1. Epsom salt foot soak

To make this foot soak, add 1 cup of Epsom salts to a footbath containing warm water. Soak the feet for 20–30 minutes. Avoid using Epsom salts if there are any open wounds on the skin.

2. Apple cider vinegar soak

Some people drink apple cider vinegar to encourage detoxification. To make a detox bath using apple cider vinegar, add 1 cup of the vinegar to a tub of warm water and soak the feet for 20–30 minutes. Vinegar may also deodorize the feet.

3. Baking soda and sea salt soak

Dissolve 1 cup of sea salt and 1 cup of baking soda in a warm footbath. Soak the feet in it for 30 minutes.

4. Bentonite clay foot mask

To make a clay mask, mix the following ingredients in a bowl:

- 3 tbsp of bentonite clay
- 3 tbsp of apple cider vinegar
- 3 drops of tea tree essential oil
- 3 drops of lavender essential oil

Add more clay or vinegar as necessary to achieve a thick paste. Apply this mixture to both feet and allow it to dry. Wash the paste off after 30 minutes and pat the feet dry with a towel.

This mask may be especially helpful for people with foot odor or fungal infections.

5. Olive oil foot scrub

To make a hydrating foot scrub, mix:

- 1 cup of Epsom salt
- a half-cup of olive oil
- 5 drops of lemon essential oil
- 2 drops of peppermint essential oil

Apply some of the scrub to each foot and gently massage the mixture into the skin, paying attention to the sole and the areas between the toes. Rinse the scrub off and pat the feet dry with a towel.