



MOISTURIZES SKIN

ENERGIZES

#### INGREDIENTS

2 tsp cocoa butter  
2 tsp beeswax  
2 tbsp almond oil  
1 tbsp wheatgerm oil  
2 tbsp spearmint infusion  
(p.176)  
2 tsp emulsifying wax  
10 drops peppermint  
essential oil

## MINTY FRESH FOOT CREAM

#### MAKES 100G (3½OZ)

Tired, aching feet will benefit from this cooling, refreshing foot cream, which includes both peppermint and spearmint (also known as garden mint) for maximum effect. Its soothing effects will alleviate any discomfort after a long day on the move, and also help to keep skin smooth and in good condition.

#### METHOD

- 1 Heat the cocoa butter, beeswax, and almond and wheatgerm oils together in a bowl set over a saucepan of boiling water (bain-marie) until the ingredients have melted.
- 2 Warm the spearmint infusion gently in a saucepan, but do not allow to boil. Dissolve the emulsifying wax in it. Take the oily mixture off the heat, slowly add the infusion, and stir until cool.
- 3 Add the peppermint essential oil, decant into a sterilized (p.210) glass jar (such as a screw-cap or kilner jar) with a tight-fitting lid and store in the refrigerator. It will keep for at least 2 months.

**“THIS COOLING, SOOTHING CREAM,  
WILL BRING RELIEF TO HOT, ACHING  
FEET AFTER A LONG DAY ON THE MOVE”**

