

MINTY FRESH FOOT CREAM

MOISTURIZES SKIN

ENERGIZES

INGREDIENTS

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

MAKES 3½OZ (100G)

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 keep skin smooth and in good condition.

METHOD

- 1 Heat the cocoa butter, beeswax, almond oil, and wheat germ oil 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 oil 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 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”

