

Pine Needle Foot Bath

GOAL

Utilize natural evergreen products to create a vitamin-infused, aromatic foot bath. Beauty products such as foot baths are more agricultural products that florists and farmers can sell. This lesson will teach you how to make your very own pine foot bath.

PREPARE

Gather your materials and find a clean workspace.

A note about your ingredients: White pine (*Pinus strobus*) needles have a refreshing scent that works as a natural deodorant. They also have anti-inflammatory properties that allow them reduce swelling and pain. Pine needles can also help protect against fungus and bacteria.

Epsom salts contain magnesium, which is one of the most common and important minerals in the body. Magnesium can help relieve pain, reduce stress, and take down swelling.

Taken together, both pine needles and Epsom salts are great for the feet!





MATERIALS

Fresh Pine Needles	Strainer	Epsom Salt	Foot-Size Bucket	Saucepan
				

STEPS

1

Combine several *fascicles* (bundles) of fresh pine needles with a handful of small pine twigs. Put the mixture in a saucepan and fill the pan with enough water to cover the needles and twigs.

2

Cover the pan with a lid. Bring water to a boil and let steep for 15-20 minutes.

3

Strain the water into the foot-size bucket that you will use to soak your feet. Discard the pine needles and twigs.

4

Add more warm water until the bucket is full. Add Epsom salt to the water (check package for dosage) and stir until the salt is fully dissolved. Then sit back, breathe in, and enjoy!

