

## Peppermint and Tea Tree Foot Cream

Makes 8 x 60g (2oz) jars

### Ingredients

100ml (4fl oz.) almond or sweet almond oil

20g (½ oz.) beeswax

40g (1 ½ oz.) emulsifying wax

400 ml (14fl oz.) water (distilled water will make it keep longer)

½ tsp Peppermint essential oil

½ tsp Tea tree oil

1. Melt beeswax and emulsifying wax with the almond oil in a bain marie or double boiler.
2. Heat water in another pan until fairly hot but not boiling.
3. Remove both pans from heat and pour water very slowly into the oil mixture whisking vigorously as you do so. An electric stick blender is ideal.
4. Keep whisking until the mixture starts to thicken then add the peppermint. Keep whisking until the mixture resembles thick cream and then pour or spoon into sterilized jars.

Massage the cream into the feet. Use within 1 month.