Bergamot Foot Mask

INGREDIENTS:

½ cup organic Greek yogurt
2 tablespoons organic raw honey
2 splashes fractionated coconut oil
1 stalk organic celery
6 drops bergamot oil

INSTRUCTIONS:

Step 1: Grate stalk of celery and drain excess moisture in strainer or with paper towel.
Step 2: Add celery and remaining ingredients to food processor or blender.
Step 3: Blend until smooth.
Step 4: Ready a wet washcloth or sit by tub.
Step 5: Apply mask immediately to entire foot with fingers or brush.
Step 6: Let sit 15–20 minutes while enjoying mask's cooling sensation and the calming effects of the essential oil.
Step 7: Rinse off and enjoy your nourished and moisturized feet.

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