

DIY Herbal Foot Soak for Nail & Skin Health

Foot soaks are an easy way to care for your feet, especially if you're dealing with dry skin, nail concerns, or minor fungal issues. This recipe combines antifungal herbs and skin-nourishing ingredients to help keep your feet healthy and refreshed.

Ingredients:

- 1/2 cup Epsom salt
- 1/4 cup apple cider vinegar
- 2–3 cloves garlic, lightly crushed
- 1 tablespoon dried oregano
- 1 tablespoon dried neem leaves (or 1 teaspoon neem powder)
- 3–4 drops tea tree essential oil
- 8–10 cups warm water (enough to submerge feet)

Instructions:

1. Prepare the soak base: Add Epsom salt, apple cider vinegar, garlic, oregano, and neem to a large basin or foot bath. (Optional: Place herbs in a nut milk bag or cheesecloth for easy cleanup.)
2. Add warm water: Pour enough water to cover your feet up to the ankles, using a mix of hot and cold for a comfortable temperature.
3. Add essential oil: Stir in tea tree oil and mix well.
4. Soak your feet: Immerse for 15–20 minutes.
5. Dry thoroughly: Gently pat your feet dry, especially between the toes.

Tips for Best Results:

- Use fresh water each time. Do not reuse foot soak water.
- Always dilute essential oils. Never apply tea tree or oregano oil directly to the skin.
- Moisturize afterward: Use a natural antifungal cream or oil to lock in moisture.

How Often to Use:

For general foot health, try once or twice a week. For mild nail or skin issues, you can soak daily for a week or two. Consult a healthcare provider for persistent infections.