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Valerian Relaxation Foot Soak



INGREDIENTS

- 1/2 cup Epsom salt
- 1 tbsp. dried valerian root
- 1 tbsp. lavender
- 1 teaspoon peppermint

INSTRUCTIONS

- 1 Mix all ingredients together.
- 2 Add to a basin of warm water.
- 3 Soak feet for 15–20 minutes.
- 4 Dry feet and relax afterward.

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