

# Busy Day Foot Butter

## Ingredients

- 3 ounces unrefined shea butter
- 1 ounce coconut oil
- 2 teaspoons arrowroot powder
- 10 drops peppermint essential oil (*Mentha piperita*)
- 10 drops spearmint essential oil (*Mentha spicata*)
- 5 drops lavender essential oil (*Lavandula angustifolia*)
- 5 drops bergamot essential oil (*Citrus bergamia*)



## Instructions

1. With an electric mixer, whip together the shea butter, coconut oil and arrowroot powder until fully combined, smooth and slightly whipped.
2. Add the essential oils and mix again to thoroughly combine.
3. Pour into a nonreactive 4 ounce container (like a metal tin or a glass jar) and label with ingredients, date made and the product name.
4. To use, apply a small amount to the feet and ankles while massaging. For extra soft and pampered feet, apply after a bath or foot soak.

Recipe by Kristen Smith from [www.abetterwaytothrive.com](http://www.abetterwaytothrive.com)