# HERBAL FOOTCARE GUIDE

***Restore. Heal. Protect.***

DIVINE BEING HERBAL CLINIC
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## Why Herbal Footcare Matters

Your feet absorb stress, pressure, and toxins daily. Herbal care restores balance naturally, supporting circulation, skin health, and relaxation without synthetic chemicals.

## Core Benefits

1. Reduces inflammation and swelling
2. Softens rough, cracked heels
3. Improves blood circulation
4. Eliminates odor naturally
5. Supports full-body relaxation

## Herbal Foot Soak Ritual

1. Warm water
2. Chamomile (calming)
3. Peppermint (cooling)
4. Sea salt (detox support)

Soak for 15–20 minutes. Breathe deeply and allow tension to release.

## Exfoliation Treatment

Blend oil with salt or sugar and crushed herbs. Massage gently to remove dead skin and stimulate circulation.

## Deep Moisture Seal

Apply shea butter or herbal balm after soaking. This locks in hydration and accelerates healing.

## Weekly Protocol

1. Soak: 2-3 times per week
2. Scrub: once per week
3. Moisturize: daily

*Consistency transforms your feet. Herbal care is not temporary—it is a lifestyle.*