

Tips For Hand and Foot Care

- » Use cornstarch as a foot powder to help absorb moisture and reduce friction. Add some ground lavender flowers or orris root powder for scent, if you like.
- » Always dry hands well, to help prevent chapping. Use an herbal lotion after every washing.
- » Make sure your nails are perfectly dry before applying polish, or you'll promote fungus.
- » Skin on the hands wrinkles easily because it has only a thin subcutaneous fat layer. Wear gloves to protect your hands when gardening and doing housework. (Apply an herbal lotion before donning the gloves for added benefit.)
- » Add a little oil (olive, wheat germ, or jojoba) to your liquid (castile) hand soap for added moisturizing. Infuse healing herbs with the oil first, if you like.
- » Use a pumice stone on your heels after a footbath to remove dry, dead skin. Wet and rub in a circular motion.
- » Give yourself an occasional foot and hand massage, using herbal massage oils—very relaxing and softening at the same time.
- » Nails and skin mirror health problems, so for beautiful hands, nails, and feet, eat healthfully, drink plenty of water, and get adequate rest.



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Herbal Hand and Foot Care

How to make...

- » Lavender Hand Cleanser
- » Rosemary Rose Rinse
- » Calendula Care All
- » Fancy Foot Soak
- » Heel Softener

... and suggestions for use!

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Q&A

What are the best herbs to use for a footbath for tired feet?

There are lots of possibilities. Try one or more of the following to rejuvenate your feet: agrimony, alfalfa leaf, burdock root, comfrey leaf, elder berries, horsetail, lavender flowers, mugwort, mustard seed, peppermint leaf, red clover blossoms, rosemary leaf, sage leaf, white oak bark, witch hazel leaf, and yarrow flowers. To increase vigor, follow the hot footbath with a soak in cool water. Sea salt—which you can also rub into hardened heels to soften—is another good addition.

Is there anything I can put on a cracked or split nail to restore it?

You may not be able to completely repair it, but a coat of beeswax will protect the nail and keep it from tearing further. Simply combine 1 part beeswax with 2 parts of your favorite skin care oil (infuse with a favorite healing herb, if you like) and gently melt. Cool and apply to your nail. Allow to harden. Store the extra in a covered container and reapply several times a day, as needed. (If mixture becomes too hard, you can warm it up again to soften for application.)

My cuticles are always rough, but I don't want to clip them. Any suggestions?

Carefully rub a mixture of cornstarch and orris root powder on your cuticles. The ingredients are gently abrasive, so they'll smooth out your cuticles without damaging them (as long as you use a light touch).

To learn more, visit our website:
www.frontiercoop.com

Hand and Nails

Herbal care can enhance the health and appearance of your hands and nails—making them clean, soft, smooth, and lovely.

Lavender Hand Cleanser

Garlic smell on your fingers? Hands discolored from gardening? This pleasant dry cleanser will help remove odors and stains while cleansing.



- 1 tablespoon baking soda
- 1 tablespoon dry milk powder
- 1 teaspoon lemon juice powder
- 1 tablespoon lavender flowers

Combine all ingredients in a bowl. Rub a small amount into wet hands for several minutes, then rinse well.

Calendula Care All

Use this mixture daily for luxuriously soft hands and feet. It's also great for treating damaged cuticles.

- ½ cup calendula flowers
- 2 tablespoons cocoa butter
- 2 tablespoons lanolin
- ¼ cup apricot kernel oil



Place calendula flowers in a glass jar. Combine cocoa butter, lanolin, and apricot kernel oil in a bowl or pan. Warm in a double boiler or microwave. Pour over calendula flowers. Steep for 24 hours, then strain. Pour into a clean jar and cover.

Massage liberal amounts of the mixture into hands for a few minutes. Then gently wipe hands with a clean, soft cloth. To soften feet, massage with oil for a few minutes before bed, then put on soft cotton socks for sleeping.

Rosemary Rose Rinse

This fragrant rinse will sweetly scent your hands for hours. The amount of herb you need depends on the size of the jar you use, but exact measurements aren't necessary.

- Dried roses (buds, petals, and/or flowers)
- Rosemary leaf
- White vinegar



Loosely fill a clean glass jar with roses. Add a little rosemary leaf (about a tablespoon for a quart-size jar). Fill jar with white vinegar and cover. Allow to steep in the sun for 2-3 days. Strain and store in a clean, covered jar.

To use, place small amount of clean water in your sink, then add about 2 tablespoons of the rose rinse, and splash your clean hands in the sink.



Feet

Leonardo da Vinci called the feet “a masterpiece of engineering and a work of art.” After days of withstanding several hundred tons of pressure and nothing short of neglect, though, your feet may be rough and dry and, well, less than admirable. Here are some herbal ways to restore your artwork.

Fancy Foot Soak

This herbal combination will soothe and relax.

- Marshmallow root cut and sifted
- Chamomile flowers (Roman or German)
- Sage leaf, rubbed
- Sea salt



Add a handful of each herb and the sea salt to a dishpan. Fill halfway with hot water. (If you prefer, you can make a strong tea of the herbs and add to the hot water and sea salt in the tub.)

Soak your clean feet in the bath for 15 to 30 minutes, adding more hot water if necessary. Dry feet well and apply moisturizer.

Heel Softener

If you're inclined to run around barefoot, chances are your heels tell the story. Use this mixture regularly, along with a pumice stone, to transform those rough, dry heels.

- 1 tablespoon cocoa butter
- 1 tablespoon marshmallow root powder
- 1 teaspoon beeswax
- 1 teaspoon avocado oil



Place all ingredients together in a non-metal pot. Warm until all ingredients are melted together. Whisk. Remove from heat and store in a jar, covered.