

# Sole to Soul



**Hands-on guidance for  
self-care from your favorite  
reflexologists**

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## Part 1

# DIY Foot and Skin Care Recipes

Our skin is our largest organ. When you use your own ingredients you can feel confident in nourishing your soul and soles while nourishing your hands, feet, and skin with your homemade skin care products.



# Soothing Peppermint Foot Scrub

1 cup granulated sugar

Olive or coconut oil

Few drops of peppermint essential oil

Take 1 cup granulated sugar and pour into a mixing bowl. Gradually add your favorite olive oil or coconut oil and mix together until you have a slightly wet but grainy consistency. Add a few drops of peppermint essential oil. Transfer the scrub to a pretty bottle and use in the bath or shower to exfoliate, moisturize and soothe sore feet.

## EXAMPLE ONLY FROM

<https://www.mnn.com/lifestyle/natural-beauty-fashion/stories/4-homemade-foot-scrub-recipes>



# Refreshing Lemon Foot Scrub

2 cups granulated sugar

1/4 to 1/3 cup almond or coconut oil

6-8 drops of lemon essential oil

Combine sugar and almond oil in a clean, dry bowl and add oil slowly until you have a soft, wet-sand consistency. Add as much lemon essential oil as preferred and work into feet for five minutes before rinsing away in the shower. Your feet will feel like they've had a refreshing spa treatment.

## EXAMPLE ONLY FROM

<https://www.mnn.com/lifestyle/natural-beauty-fashion/stories/4-homemade-foot-scrub-recipes>



## Part 2

# Tips for Self-Reflexology

Nothing beats the expertise of your favorite reflexologist, but in between sessions you can still experience some benefits with these tips for do-it-yourself reflexology.



# A foot reflexology routine that promotes deep sleep.

Refer to the chart above as you incorporate this 15-minute reflexology into your bedtime ritual.

1. Relax the feet, one at a time, with simple relaxation techniques. Consider pressing and squeezing, lightly slapping or gently kneading—whatever feels good. Finish by pressing and holding your thumb on the solar plexus point of each foot for 5 to 10 seconds each.
2. On the bottom of each foot, “walk” your thumb up from the base of the heel to each toe (imagine your thumb is a caterpillar inching its way up your foot), then press these reflex points with the outer edge of your thumb or tip of your forefinger:

Head/brain (top of each toe) promotes clarity and positive thinking

Pituitary or “master gland” (center of big toe) stimulates/balances hormone secretions of all other glands

Pineal gland (outer side of big toe) secretes melatonin, which controls our circadian rhythm/sleep cycle

Thyroid (base of big toe) balances metabolism

Neck/shoulders (ridge of toes) releases tension

Chest/lungs (ball of foot) calms breathing

Solar plexus/diaphragm (under ball of foot in the cen-



ter) encourages profound relaxation and peacefulness

If you have other particular areas of your body that are stressed, you can press the corresponding reflex area or point.

3. Apply the relaxation techniques again, and finish with another thumb press on the solar plexus point on both feet.

4. End with “breeze strokes.” Lightly run your fingertips down the tops, bottoms, and sides of each foot in a feathery motion, barely touching the skin. Repeat this several times. It is very soothing to the nerves.

5. Since reflexology transports you into a state of deep relaxation where you are open to suggestions, this is a good time for a pre-sleep affirmation such as: “A kind and forgiving world sings me to a peaceful sleep.” Also count your blessings and appreciate all of the good times in your day. Envision how you would like your next day to be.

Your bedtime ritual can include a nurturing exchange of reflexology mini-session with your partner. You can even use these same techniques to help your child go to sleep more easily. Sweet dreams!



## Part 3

# Bite-Sized Self-Care Tips

We're busy. But self-care is more important than ever. We've compiled a few of our favorite ways to incorporate self-care. Try to pick one tip every day to try. As you make the effort to do one thing it will get easier to keep incorporating the different ideas into your day more naturally.



# 5-Minute Self-Care Ideas:

Sit outside and feel the breeze

Listen to a song that makes you happy

Put your phone in another room and unplug for 5 minutes

Stretch wherever you are

Write down 3 things you're grateful for

<https://www.thelovesum.com/blog/25-bite-sized-acts-of-self-care-you-can-do-today>

