

Peppermint Exfoliating Foot Scrub (U.S.)

Article No. 10479 (285 g/10 oz.)

A gentle cleanser with aloe vera that deep-cleans and moisturizes as fine pumice exfoliates dead skin cells. Peppermint oil tingles and stimulates, while our exclusive botanical blend tones and pampers well-traveled feet.

- Unique blend of peppermint oils, natural moisturizers and therapeutic botanicals.

Essential Ingredients

- **Peppermint Oil:** Credited with refreshing, cooling, bactericidal, and anti-irritant properties. Applied to the skin, peppermint can relieve pain and itching and reduce sensitivity. Contains more than 50% menthol.
- **Pumice:** Exfoliates dead skin cells, smoothing rough, cracked skin on heels.
- **Aloe Vera Gel:** An excellent natural moisturizer with legendary healing qualities.
- **Watkins exclusive blend of six botanical essences**

Hypericum Extract: An essential oil with antibacterial qualities; modern research has found it useful for softening skin and preventing age spots.

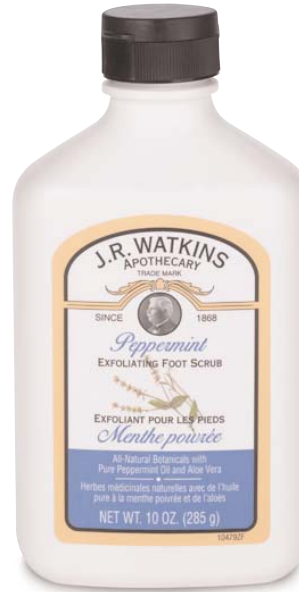
Cornflower Extract: Said to have tonic and stimulating properties; soothing qualities make it useful for cosmetic preparations.

Linden Extract: Has healing and emollient properties; a long history of use in poultices for treating skin irritations.

Matricaria (German chamomile) Extract: This variety of chamomile, also known as “true” chamomile, lends its soothing qualities to skin preparations. Used in ancient Arabia as a calming agent.

Calendula Extract: Has a reputation for reducing scars and soothing varicose veins, and as an ointment for skin irritations.

Chamomile (Roman) Extract: Like matricaria, Roman chamomile is one of the most important herbs for skin care; highly valued for its calming and antiseptic properties.



Ultimate Foot Spa (Part I)

- At night, find the time to lie down, raise your feet and relax for a while. This will ease the pressure off them and improve circulation.
- To stimulate the circulation, give your feet a good scrub in warm water using Watkins Exfoliating Foot Scrub. A foot spa or basin is perfect. Apply Foot Scrub to bottom of feet and heels; scrub vigorously with the palm of your hand or a bath mitt, towel, loofah or abrasive sponge. This will “plane down” stubborn calluses and slough away dead skin cells.
- Rinse well with cool water.
- Always dry your feet and toes well to prevent any fungus growing between the toes.
- Cut the toenails across instead of around the edge of the toe to prevent ingrown nails. Lightly file nails smooth with emery board.
- Finish with Watkins Rejuvenating Foot Cream.