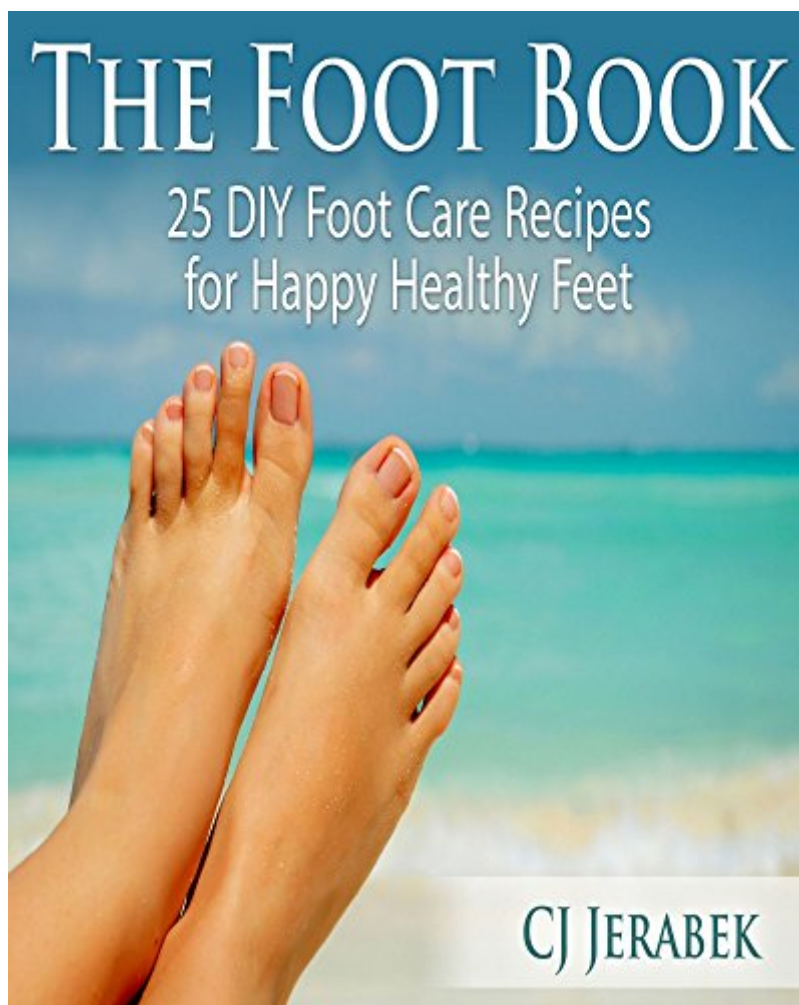




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The Foot Book: 25 DIY Foot Care Recipes For Happy Healthy Feet



Synopsis

FEEL LIKE YOU'VE BEEN TO THE SPA...with these organic skin care recipes...a great treatment for feet that are beautiful. Don't let your feet de-feet you! Find out what steps to take to get on your good foot! This book is loaded with knowledge that will explain why the health of your feet is so important and what you can do about it. Not only will you find a powerhouse of information on foot health in this book, you'll also get step-by-step instructions to DIY foot pampering like foot detox recipes, foot scrub recipes and homemade beauty recipes. Now, you don't have to hide your ugly feet in the sand on a warm, sunny day at the beach. You no longer have to pull out of a race because your feet have given out. Gone are the days that your feet hold you back. Take great strides in the right direction. Read the book and find out how to step up your foot health and have beautiful, healthy and happy feet. This book is perfect to add to your skin care regimen and the recipes supplement your electronic callus remover or foot file. Though you don't have to have one of those devices to use the book! "The Foot Book" gives great instruction on how to get the most out of these foot care products including but not limited to Amope, Pedd Egg, Care Me, Foot Love, Own Harmony, Naturalico, Profoot care and Emjoi.

Book Information

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Customer Reviews

This book helps care for feet especially if you have diabetes! If you need to take care of your feet on a daily basis this book is a must read. All of the recipes have your feet feeling well taken care of and makes you feeling like your on cloud nine!

This book has some wonderful ideas and gives the reason for uses of the ingredients. Love it and would recommend it.

Short and sweet. We really need to take care of our feet, and if we know how to do it too, we will be able to save a lot of money. Recommended!

I cannot wait to use these recipes. Great selection of recipes. Author explains common foot conditions and different options for helping resolve problematic foot issues.

A definite good read with a multitude of information. A multitude of recipes and a multitude of multitudes. ;-) Enjoyed the read

Great read

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