



54 DR. OZ'S GOOD LIFE

DR. OZ'S GOOD LIFE 57

BRING THE SPA TO YOUR FEET (OH, YEAH)

Rifle through the pantry to make one of these soothing scrubs—then massage into just-soaked feet, concentrating on heels and anywhere callus-y.

1 Peppermint Scrub
Mix 1 cup coarse sea salt, 5 Tbsp cocoa powder, 3 cup minced fresh mint, and 3 drops peppermint essential oil.
—JESSICA WU, M.D., LOS ANGELES DERMATOLOGIST

2 Almond Scrub
Mix 1 cup organic brown sugar, ½ cup almond oil, 1 Tbsp honey, 1 tsp pure vanilla extract, and the liquid from 1 vitamin E gelcap.
—CHERYL W. BROWN, DERMATOLOGIST, SONOMA, AZ

3 Coconut Scrub ▶ Mix 1 cup sugar with ½ cup coconut oil, then add a few drops of your favorite essential oil.
—THE SPA AT RIVEA HOTEL & SPA, LAS VEGAS

Foot Toastiness

Call in a little help from the microwave to give feet instant warmth. Fill a clean metal sock with rice, buckwheat, or any similar uncolored grain from the cupboard. Add a pinch of dried onion and the closed heel in the microwave for two minutes and place under archy feet. —ANNA SPA, RHINE, NY

