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dōTERRA wellness advocate

DIY | *Smoothing* Heel Cream

½ cup coconut oil
¼ cup vitamin E oil
10 drops Melaleuca
10 drops Geranium
10 drops Lavender

Combine all ingredients and store in an airtight jar. Apply to heels and leave on for 5 minutes. Rinse with warm water and pumice off dead skin.

A recipe card for a DIY Smoothing Heel Cream. The card features a background image of a person's feet with cream being applied to the heels. The text is overlaid on the image in a clean, sans-serif font.

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