

Birch Hill Happenings Aromatherapy LLC

Foot Odors and the Sports Enthusiast

By Penny Keay

Oh no, don't take off those shoes! Okay, you have too.

Anyone that plays sports and this time of the year there are lots of sporting events from Soccer, Football, Volleyball, Basketball, and quite a few more.

As you know foot odors seem to get worse whenever you have hot, sweaty feet. It just seems to be a wonderful breeding ground for these entire nasty odor producing bacteria and fungi.

Alas, there are many essential oils that will work to not only comfort your feet but help to eliminate the odors. A very soothing foot bath can help begin the process to destroy the bacteria and fungus infections.

A very simply foot bath is a basin of tepid to warm water that you have added a few drops of **Lavender**. Add some Epsom salts or a **basic bath salt** to the water too. It will help sooth away a few aches and pains. This is the safest foot bath and can be used if you have broken skin, such as blisters and cracked skin (you know the kind you get between the toes).

Athletes Foot is caused by a fungus and will need a stronger essential oil/s. In this case, using a **Tea Tree** oil and **Lavender** mixture is suggested. To eliminate Athletes foot you will need to repeat the treatment for several days to weeks depending on the severity of your infection and underlying health problems.

For hot tired feet a drop of **Peppermint** or **Eucalyptus globulus** to the foot bath is very soothing too. Or a blend of: **Peppermint**, **Rosemary** and **Geranium**.

Some other helpful suggested would be:

- Use our **Foot Rub blend** daily after your foot soak, Massage in a few drops to your towel dried feet.
- Apply a bit of **Talc Powder** or Baking Soda to your feet before putting on your socks. (Do not use Cornstarch as this is a fantastic food source for bacteria and fungi and they are the culprits causing the odors – don't feed the enemy!)
- AIR your Shoes out for 48 hours. So yes, you will need 2 pairs of shoes.

As for that smelly Gym Bag or locker simply use a **Muslin bag** filled with either **Aroma beads** or **Fiber bits** you have scented with essential oils.

These suggestions should make life for the Sport enthusiast smell a whole lot better. Go! Go! Go!

Foot and Shoe Powder

Lemongrass – 20 drops
Eucalyptus globulus – 10 drops
Cypress – 6 drops
Talc Powder - 5 oz weight

Blend the essential oils together then drop on a cotton ball. Insert the essential oil soaked cotton ball into the bottle of talc powder. Seal tight, shake well several times over the next 24 hours. Then apply to your clean feet or put a small amount in your shoes daily.

Be sure to visit us on line at <http://birchhillhappenings.net> for all your Essential oils and Aromatherapy Supplies needs.

There are many recipes available in the "**Aromatherapy Recipes using Pure Essential oils Volume 1**" available on our site.

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