

## Nails: Natural Hand and Cuticle Soak

Written by Administrator

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Learn how to make your own Natural hand soaks and cuticle soaks. Use these recipes for healthy and strong fingernails!

### Natural ingredients you can add to your hand and cuticle soaks:

- **Lemon juice:** Lemon juice can be used as a natural nail whitener
- **Strawberry juice:** This too can be used as a natural nail whitener
- **Olive oil:** excellent treatment for dry, chapped hands and rough cuticles.
- **Buttermilk:** Used to soften dry hands

## Sweet Milk Foot Soak

### Ingredients:

- 1/2 cup sugar
- 2 tbs. moisturizing lotion
- 2 cups milk
- 7 cups water

### Instructions:

In a large saucepan, heat the milk and water. When steaming, add sugar and lotion and mix to a slightly soupy consistency. Allow to cool, till the mixture is cool enough for you to place feet in. Pour into a bowl large enough to fit both feet. Soak for 10 minutes. You can either rinse now, or use some extra sugar to scrub your feet. Rinse well then apply moisturizer.

## Anti-Aging Hand Soak (cupboard method

### Ingredients:

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- 1/2 cup 100% pure cranberry juice
- 1 large carrot
- 2 tbs Olive oil

### **Instructions:**

Grate the carrot, or even better, puree the carrot. Mix carrots and juice in a small bowl. Let set for 1 hour. Add Olive oil. heat in microwave for 20 seconds. Soak hands for 10-15 minutes. Rinse well. Apply cuticle oil. Carrots and cranberries are loaded with antioxidants and the olive oil will soften the skin!

## **Nail Strengthening Soak**

### **Ingredients:**

- 2 egg yolks, beaten
- 1/4 cup milk
- 1 tbs honey

### **Instructions:**

Mix ingredients in a small bowl. Soak nails for 10-15 minutes. Rinse well. Apply cuticle oil. Protein from the eggs and calcium from the milk will make those nails hard as rocks!

## **Anti-Aging Hand treatment (essential oil method)**

### **Ingredients:**

- 6 tbs. Jojoba Oil
- 2 tbs. Flax seed oil
- 3 drops Carrot seed essential oil

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- 3 drops pomegranate oil

### **Instructions:**

Mix ingredients in a bowl. Apply to hands and cover with zip lock bags. Allow to set for 20 minutes. Remove and wash hands.

## **Nail Whitener Soak**

### **Ingredients:**

- 4 tbs lemon juice
- 3 tbs warm water

### **Instructions:**

Mix juice and water in a glass or ceramic bowl. Soak nails 10 minutes or until stains are removed. Rinse well, then apply a good cuticle oil.

## **Nail stain Remover**

### **Ingredients:**

- Hydrogen peroxide

### **Instructions:**

Apply Hydrogen peroxide to cotton balls then let sit on the nail beds for 3-5 minutes or until stains are removed. Rinse well, then apply a good cuticle oil. Hydrogen peroxide can be drying so please do not use this method more than once per week!

## **Strengthening**

## **Gelatin Nail Soak**

### **Ingredients:**

- 1/2 Packet gelatin
- 1/2 Cup boiling water

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### **Instructions:**

Mix packet in a glass bowl with boiling water. Allow to tepid temp.. Soak nails for 10 minutes. Then rinse well. Super strengthening formula!

## **Arthritis hand Soak**

### **Ingredients:**

- 1 tablespoon ground almonds
- 1 tablespoon plain yogurt
- 1 teaspoon lemon juice
- 2 drops frankincense essential oil

### **Instructions:**

Spread the mask onto the back of freshly washed hands and massage the mixture into your skin. Relax for 15 minutes or more, and then rinse well. Frankincense essential oil helps with sore joints.

## **Tea Tree Oil Hand & Foot Soak for Fungus**

### **Ingredients:**

- 1/2 cup warm cider vinegar
- 6 drops of tea tree oil
- 1/2 cup warm water for hands
- Double the amounts for a foot soak

### **Instructions:**

Blend ingredients into a soaking bowl for hands or a large bowl for feet. Soak for 10-20 several times a week to kill fungus

## **Fast Growing nail Soak Recipe**

### **Ingredients:**

- 1/4 cup organic honey
- 1/4 cup organic coconut oil
- 4 drops essential oil of rosemary

### **Instructions:**

Mix ingredients in a small bowl. Place in microwave to warm for 20 seconds. Soak hands for 15 minutes. Repeat 1-2 times a week.

## **Nail Growth Soak Recipe**

### **Ingredients:**

- 1 tsp Flax seed oil
- 5 drops Myrrh EO
- 5 drops Sandalwood EO
- enough water to fill small soaking bowl for hands

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### **Instructions:**

Add ingredients to warm water. Soak hands 10 minutes. Rinse after.

## **Essential Oils for hand care**

### **Ingredients:**

1-2 drops of one of the following essential oils to a hand soak or hand rub will aid in the following afflictions. Always dilute essential oils well to either 1 cup of water for hand soaks or 1 tablespoon carrier oil for hand rubs/soaks . 1-2 drops of essential oil is more than enough for one application

#### **Essential Oils for Joint Pain and Arthritis**

- Cedarwood
- Atlas Essential Oil
- Helichrysum Essential Oil
- Bay Laurel Essential Oil
- Lime Peel Essential Oil
- Clove Bud Essential Oil
- Chamomile
- Roman Essential Oil
- Nutmeg Essential Oil
- Angelica Root Essential Oil
- Chamomile
- Blue Essential Oil
- Rosemary Essential Oil
- Yarrow, Green Essential Oil
- Cilantro Essential Oil
  
- Lemon Essential Oil
- Vetiver Essential Oil
- Lavender (Spike) Essential Oil
- Camphor
- White Essential Oil

### **Essential Oils for Fungus**

- Tea Tree essential oil
- Grapefruit Seed Extract
- Lemongrass Essential Oil
- Manuka Essential Oil
- Geranium (Rose) Essential Oil

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- Myrrh Essential Oil
- Lavender (40-42) Essential Oil
- Eucalyptus, Lemon Essential Oil
- Palmarosa Essential Oil
- Patchouli Essential Oil

### **Instructions:**

Mix juice and water in a glass or ceramic bowl. Soak nails 10 minutes or until stains are removed. Rinse well, then apply a good [cuticle oil](#) .