**VINGEGAR SOAKS**

**INGREDIENTS**

* 1 gallon lukewarm water
* 1 cup white vinegar
* 1 ounce mineral oil (optional)
* 1 tablespoon dish soap (NOT DAWN SOAP)

Place all ingredients into a pan and soak feet for 20 to 30 minutes or until water is cool.

Dry feet completely with towel, especially the area between the toes.

Apply Crisco/lotion as directed.