Even feet shod in the most comfortable of high tech runners or health shoes also get tired and need a little pampering - try these relaxing home made rubs and foot baths to control foot odor and help rejuvenate feet.  
  
**Rosemary Foot Rub for Aching Feet**  
3 tablespoons alcohol  
1 1/2 cups dried [rosemary](http://www.naturalnews.com/rosemary.html) leaves  
1/2 cup massage oil  
  
Pour the [alcohol](http://www.naturalnews.com/alcohol.html) over the leaves and leave in a bowl to infuse for at least a day. Strain into a jar or other container, discard the leaves. Add the oil and mix well.  
  
Rub into your feet yourself, or put your feet up and ask a friend to massage your feet with the solution. A good idea is to take the solution to a masseur and relax while the job gets professionally handled.  
  
**Minty Lemon Foot Bath**  
Pieces of lemon, chopped up (1 or 2 lemons)  
A few drops of lemon essential oil  
Half a cup of sea salt  
1/4 cup roughly chopped [mint](http://www.naturalnews.com/mint.html) leaves  
  
Mix all ingredients into hot [water](http://www.naturalnews.com/water.html). Wait till it cools to a bearable temperature and soak feet in the foot bath for 15 to 20 minutes. Pat feet dry.  
  
**Sandalwood Herbal Foot Bath**  
5 liters water  
2 drops sandalwood essential oil  
1/4 cup Epsom salt  
Boil water and allow to cool. Add sandalwood oil and epsom salts. Soak feet in this wonderful foot bath for as long as desired.  
  
**Foot Bath for Smelly Feet**  
2 cups water  
1/2 cup apple cider vinegar  
2 tablespoons fresh or dried thyme  
2 tablespoons fresh or dried mint  
  
Allow ingredients to simmer in a pan - pour into a bowl and allow to cool until bearable. Soak feet in the bath and relax.  
  
**Frozen Water Bottle Cure for Feet Pain**  
Freeze a bottle of water, then wrap it in a towel. Take shoes off and roll the bottle with the foot. This is an excellent exercise for fallen arches and exhausted feet.