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.