

Milk & Honey Hand Soak

after mixing up this skin softening hand soak, take a break from the kitchen and relax while you soak away winter's dryness

- 1 cup milk (preferable whole milk, but 2% will work)
- 3 tablespoons honey

Place milk and honey in a microwave-safe bowl. Microwave for 30 seconds. Stir. Test for heat (should be nice and warm, not hot).

Submerge hands for 10 to 15 minutes and *relax*.

Rinse hands, pat dry, and moisturize with lotion (preferably milk-based).

Note: If available, try lavender honey for a wonderful scent.