

Herbal Steam



Ingredients

- 4 cups just boiled water
- 1-2 tbsp dried herbs (your choice)

Directions

- Put the dried herbs in a large bowl (large enough to accommodate 4 cups of water) and add the boiling water
- Cover your head with a towel and position your face over the bowl, covering the bowl and your head with the towel as a tent to keep the steam in
- Place your face 5-10 inches above the bowl (far enough away so you don't burn your skin) with your eyes closed
- Breathe in the herbal steam for 5-10 minutes at a time

Herbs to consider

eucalyptus

peppermint

rosemary

thyme

lavender

basil

chamomile

citrus fruit peels