

Steam Inhalation

1 Large ceramic or glass bowl

Large towel or piece of cloth to drape over the head

Hot water (just below boiling)

A washcloth soaked in cold water

A few drops of essential oil – Eucalyptus, Thyme or Tea Tree are good choices

Partially fill the bowl with hot water (NOT boiling). Add 2 to 3 drops of essential oil. Sit at a table so that you can comfortably lean your head over the bowl and drape a towel over your head, keeping the steam inside. Breathe in the steam for 2 to 3 minutes and then remove the towel and breath in the cool air of the room deeply for 30 seconds to 1 minute. Keep the bowl covered to keep in the heat. You may repeat this cycle 3 to 5 times. Finish the treatment by placing a cool washcloth over the nose and sinuses for 3 minutes. You may also splash your face with cool water.

More mucus may come out of the sinuses as it is thinned and loosened by the steam. Rinsing the sinuses with a Neti pot after steam inhalation will help remove this loosened mucus.

The essential oils listed above help to open the respiratory passages. They also have antiviral, antibacterial and antifungal properties which help to clean the sinuses more completely.

Uses: helps loosen mucus associated with many common ailments including allergies, and sinus infections and as a bonus your skin will be clearer and brighter thanks to the opening and cleaning of the pores!