



Everything Herbal

by Cheryl Jabz

Steam Inhalation for Congestion

Helps loosen mucus and open nasal passages naturally.



INGREDIENTS

Hot water (in a large bowl)

3-5 drops eucalyptus essential oil OR dried chamomile

INSTRUCTIONS



Place face over bowl with a towel over your head to trap steam.



Inhale deeply for 5-10 minutes.



Tip: Keep eyes closed and use caution with hot water. Stop if irritation occurs.



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