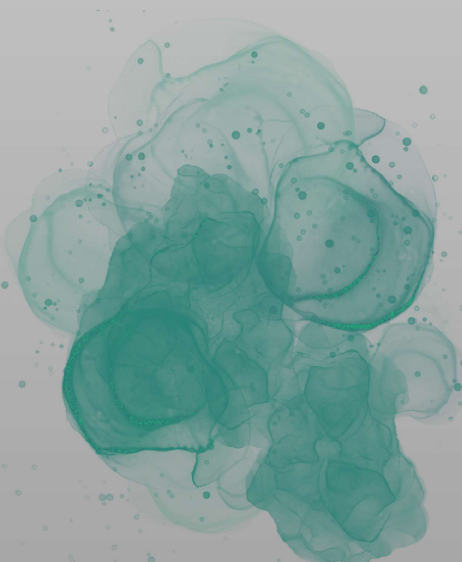


A decorative illustration of green steam or mist rising from the bottom left corner, composed of various shades of green and white dots.

STEAMS

Herbal steams involve inhaling the steam from boiling water infused with herbs to gain therapeutic benefits, often related to respiratory and skin health. This method can be soothing, cleansing, and medicinal.

The evaporating steam carries light chemicals from the herbs including: antimicrobial, anti – inflammatory, relaxant & immune – stimulating effects.

How to Prepare and Use Herbal Steams:

1. Choose Herbs: Select herbs based on the therapeutic goal. Common herbs used in steams include:
 - Eucalyptus: For respiratory relief and decongestion.
 - Peppermint: To soothe sinuses and reduce inflammation.
 - Chamomile: For calming effects and skin care.
 - Thyme: To help with coughs and respiratory issues.
2. **Preparation:**
 - Boil Water: Bring a pot of water to a boil. The amount of water depends on how much steam you need, but a typical amount is about 4 to 6 cups.
 - Add Herbs: Once the water is boiling, remove it from the heat and add a handful of dried or fresh herbs to the pot.
3. **Infusion:**
 - Steep: Allow the herbs to steep in the hot water for a few minutes to release their essential oils and beneficial compounds.
 - Prepare for Steaming: Transfer the pot to a heat-resistant surface.
4. **Steaming:**
 - Create a Steam Tent: Place a towel over your head and the pot to trap the steam. Sit comfortably at a safe distance from the pot to avoid burns.
 - Inhale: Close your eyes and inhale deeply through your nose and mouth. Steam inhalation typically lasts about 5 to 10 minutes. Take breaks if needed and ensure that you are comfortable with the heat.
5. **Post-Steam Care:**
 - Hydrate: Drink water to stay hydrated after the steam session.
 - Skin Care: If using herbal steams for facial care, you might follow up with a gentle cleanser or moisturizer, as the steam can open pores and help with the removal of impurities.

Benefits of Herbal Steams:

- Respiratory Health: Helps clear nasal congestion, ease sinusitis, and soothe throat irritation.
- Skin Care: Opens pores, helps remove impurities, and can improve circulation in the facial area.
- Relaxation: The heat and steam can be calming and help reduce stress.

Precautions:

- Temperature: Ensure the steam is not too hot to avoid burns. Keep a safe distance from the pot and test the temperature before starting.
- Duration: Limit the duration of steaming to prevent overheating or dehydration.
- Allergies: Be cautious with herbs if you have known allergies. If unsure, test a small amount or consult a healthcare provider.
- Children: Supervise children closely if they are using herbal steams, or consult a healthcare professional for appropriate use.

Herbal steams are a simple, effective way to use the therapeutic properties of herbs for respiratory and skin benefits, and can be a soothing addition to self-care routines.

Administration & Dosage Guidelines

Administer whenever you would like to stimulate respiratory tissues
with moist heat.

For acute illness – steam at least 2x a day

For ongoing skin or respiratory support 1x a day

Shelf & Storage Guidelines

Not for storage ; make on an as needed basis!

Tools / Ingredients

Herbs

Water

Gallon – size or larger pot

Towel or Blanket