

Living and Lovin Herbs Podcast

Decongesting Herbal Steam

Make a simple steam using a variety of herb or herb combinations that may help.

Thyme

Thyme and Rosemary

Mint

Mint and lavender

Bring 4-6 cups of water to a boil. To a large bowl, add 1 Tbsp. of herbs.

Pour boiling water over the herbs and cover the bowl. Let steep for 5-10 minutes.

Cover your head with a towel, then position your face over the bowl, using the towel as a tent to hold the steam in.

With your **eyes closed** and face 5-10 inches away from the hot water, breathe in the herbal goodness for no more than 10 minutes at a time.

If using a prescription inhaler, please consult your medical doctor before taking or doing any herbal treatments. Some herbs have negative interactions with prescription drugs.