

EASY AROMATHERAPY RECIPES



Facial steam recipes you can make at home to deep-clean and revive your skin

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Using herbal aromatherapy facial steams (also called facial saunas) once a week is an excellent way to cleanse and revitalize your skin (especially good for oily, acne-prone skin.) Face steams open up the pores, helping to get rid of excess oil, along with deep-down dirt and grime.

They're perfect for preparing your skin for a facial mask or other treatment. Facial saunas can also be used to soften stubborn blackheads, making them easier to remove. Click here for tips on blackhead removal.

Here's the basic method for making a herbal facial steam:

1. Combine the dried herbs and flowers in a dark glass or PET plastic jar.
2. Drop in the essential oils, placing each drop in its own little spot on top of the mixture. Shake well to combine.
3. Wait 24 hours before using to let the mixture "cure".
4. To use, throw a handful of the herbal mixture into a large pot with a lid. Add between and quart and 2 quarts (1 to 2 liters) water and bring to a boil.
5. Remove from the heat and allow to steep (with the lid on) for 5 minutes.
6. Place the pot on a table (use a thick mat to protect the table!) remove the lid and use a towel to make a tent over your head and the steaming pot of herbs.
7. Stay in the 'tent' for 10 minutes, coming out for air whenever you need to. Do not burn your face!

***See more at: <http://www.easy-aromatherapy-recipes.com/facial-steams.html#sthash.TfJ5ZliZ.dpuf>**