

THERAPEUTIC STEAM INHALATION



Suggestions for essential oils to use:

Use up to 10 drops total of any one or combination of these essential oils: thyme, eucalyptus, hyssop, peppermint, rosemary, or lavender.

Indications: cough, sinus/chest congestion, sore throat, common cold, influenza, seasonal allergies, etc.

Contraindications: breathing difficulties

Herbal steam inhalations are used to deliver the medicinal qualities of the herbs to the upper respiratory system. They tend to warm and decongest the mucus membranes of the nose, sinus, and throat and can be helpful to calm coughs.

INSTRUCTIONS:

1. Use extreme caution with hot water to avoid burns.
2. Run a hot shower so the bathroom fills with steam.
3. While the bathroom is steaming, boil a pot of water (approx. 2 quarts).
4. Once the water has come to a boil, turn off the stove.
5. Bring the pot of boiling water, oils you are using, and a bath towel into the bathroom.
6. Close the door to keep the steam in the bathroom.
7. Keep the shower running to maintain the steam.
8. Add up to 10 drops of essential oil(s) to the pot of water.
9. Sit in the room for 10-15 minutes.
10. Do this treatment 2-3 times per day or as prescribed by your doctor.