

Herbal Facial Steam

Combine chamomile and lavender herbs to open pores and refresh your skin with a calming steam treatment.

Bring two cups of water to a boil

Add 10-20 drops each Chamomile and Lavender Essential Oils

Add Dried Chamomile and lavender flowers (optional)

Make a tent with a towel over your head and let steam rise to face, breathing in deeply for a calming sensation.