

Aura Cacia®



pure aromatherapy



CLARIFYING & PURIFYING STEAM BATH DIFFUSION

INGREDIENTS:

- 1-2 quarts boiling water
- 2-3 bags or teaspoons of peppermint tea or leaf
- 3 drops wild marjoram essential oil
- 3 drops lemon eucalyptus essential oil
- 3 drops lavender essential oil

DIRECTIONS:

Apply oils to peppermint leaves and place in the bottom of a large bowl. Pour on boiling water and enjoy the steam.

For more recipes visit www.auracacia.com