

Aura Cacia®



*pure aromatherapy*



## PURIFYING EUCALYPTUS STEAM BATH

### INGREDIENTS:

- 1-2 quarts boiling water
- 2-3 teaspoons of eucalyptus or rosemary leaves
- 6 drops eucalyptus essential oil
- 3 drops lavender essential oil

### DIRECTIONS:

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

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