Stay Healthy Steam

Add 4 drops of this essential oil blend of Oregano, Olive Leaf, Bay Leaf and Iodine with 1 tsp of baking soda into 4 cups of water. Bring to a boil. Remove from the stove. Place your face 10 inches above the pan and inhale the steam into your nose and your mouth for ten breaths.

See the research at www.alaskaspiceshop.com

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