



# Sweet Fennel Facial Steam

An herbal blend to open pores and refresh

## Ingredients

- 1/2 ounce Lemongrass C/S
- 1/2 ounce Spearmint Leaf
- 1 ounce Chamomile Flowers
- 1/2 ounce Fennel Seed Powder
- 1 tablespoon Dead Sea Salt, Medium
- 5 drops Linden Blossom CO2

Makes about six 1/2-ounce (15g) servings

## Directions:

1. Combine the Dead Sea Salt and Linden Blossom CO2 Extract in a small bowl and stir well.
2. Toss the salt with the herbs and flowers.

## To Use:

1. Bring 2 cups of water to a boil in a small saucepan. Turn off the burner, then add the salt and herbs to the pot. Allow the mixture to steep for about ten minutes.
2. Fill a bathroom sink about halfway with very hot, steaming water. Pour the herbal mixture through a fine mesh strainer and into the sink.
3. Create a tent to capture the steam by draping a towel over your head and shoulders, then hold your head about six to eight inches above the sink.
4. Enjoy the steam from inside your little “tent” for about 3-5 minutes. If you become dizzy or lightheaded take a break immediately.
5. Follow your steam with a quick rinse of plain tepid water.

## Packaging:

- This recipe looks very pretty when packaged in our Small Muslin Bags and Small Cello Bags. We recommend scooping 1/2 ounce portions into Small Muslin Bags and placing the filled bags in a Small Cello Bag to be shared in sets of three or six.
- Another beautiful option would be to package the entire “naked” batch in a 16 Ounce Flint Jar or a 1-pint mason jar.

For Additional Recipes:  
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