

# Herbal Facial Steam

6 C. distilled water

3 heaping T. cut dried herbs (such as calendula, red raspberry, yarrow)

Boil 5 cups of water and remove from heat. Add 5 Tablespoons of your herb of choice, stir and cover. Have a towel ready and a tie to pull back any loose hair. Place the pot in an area where you can stand or sit comfortably. Place the towel over your head. Remove the lid and place your head above the pot, about 8 inches. Enjoy a facial steam. You can keep your head under until the liquid cools. (Side note: you can strain the herbs and use the remaining liquid as a herbal face or hair rinse.)

Recipe by Dr. Christopher and Cathy Gileadi