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Instructions for a Chamomile Head-Steam-Bath

Great for sinusitis, bronchitis and all upper respiratory infections

(Also great to open your pores before squeezing acne blackheads)

You need:

1. A large (bath-size) towel
2. A ceramic or heat-resistant glass bowl
3. 1-2 Tablespoons Chamomile tea (loose tea)
4. Boiling water

Instructions:

Add the chamomile flowers to your bowl and pour boiling water over the herb.

Wait 10-15 minutes.

Gently blow your nose.

Sit in front of the steaming bowl and hold your head over the bowl, looking down.

Drape your towel over your head to keep the steam from escaping (but leave space on the bottom for you to breathe). Breathe deep in and out, if you can, through your nose..

CAUTION: Make sure your face is far enough from the steam for your face not to burn! (but close enough so you can breathe in the chamomile vapor).

Do this for 10-20 minutes until the water gets cool.

Dry off your face and gently blow your nose again.