



Wellness with Rose
PERSONAL NUTRITION CONSULTING

HERBAL STEAM

Steam the Toxins Away

Experience a relaxing and refreshing way to eliminate toxins.

Ingredients:

Handful of cilantro
Handful of basil leaves
Hot water

1. **Combine** hot water, cilantro, and basil leaves in a bowl
2. **Place** a towel over your head and hold your face at least 12 inches above the water. Keep the towel in a tent position over your head to prevent any steam from escaping.
3. **Steam** your face for 10 minutes.



4. **Pat** your face dry and splash with tepid water to refresh the skin.

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.