

Shower Steamers

- 3-4 Cups Baking Soda
 - 1 Cup Water
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Directions:

Mix Baking Soda with Water. It will be thick. Press into rounded tablespoon size mounds, and place onto baking sheet. Or fill the cavities on a silicone mold or muffin tin. Place into a 350 degree oven and bake for 20 minutes. After 20 minutes turn off the oven and let the shower steamers cool in the oven. Store in air tight container.

Use:

Drop desired Essential Oil onto steamer. Place on shower floor away from direct water contact.

Notes:

