

Facial Steaming

Steam opens up your pores and helps loosen any buildup of dirt for a deeper cleanse. Opening up your pores also softens blackheads, making them easier to remove. It promotes circulation. The combination of warm steam and an increase in perspiration dilates your blood vessels, increases circulation and relieves stress.

We use one of these herbs per steam:

Choices Are:

- Lavender - for stress and insomnia.
- Parsley - a natural astringent and heals acne.
- Geranium - a natural astringent.
- Eucalyptus - relieves nasal congestion and acne.
- Fennel - contains anti-aging antioxidants.
- Chamomile - soothes irritated or sensitive skin.