

MAKING STEAMS AND WASHES

Stems and washes are other easy ways to extract the properties of herbs into water. Steams are especially excellent for upper respiratory infections. They can be used as often as desired or needed. Wonderful steams are made from eucalyptus, juniper, or sage, as in the following recipe.

This recipe can also be used as a wash for wounds. Rather than boiling, bring it to the edge of boiling, remove from heat, and let steep until lukewarm. Wash wound thoroughly and then apply wound powder (see page 96).

Steam for Upper Respiratory Infections

This recipe can be prepared with fresh herbs or essential oils if desired. To substitute essential oils, add 30 drops each of essential oils of rosemary, sage, juniper, eucalyptus, or bergamot to 1 quart (1 l) of water.

- 2 ounces (57 g) young eucalyptus leaves, dried
- 1 ounce (25 g) sage leaf, dried
- 1 ounce (25 g) juniper leaf or berry, dried
- 1 gallon (4 l) water

1. Place herbs in water (in glass, stainless steel, or ceramic-coated pot) and bring to rolling boil.
2. Remove from heat, hold head over steam, and cover head and steaming pot with large towel. Breathe steam deep into lungs.
3. Return to heat and bring herbs to a boil again to repeat as often as necessary. Add fresh herbs when their strong smell begins to noticeably diminish.

