

# Eucalyptus Shower Steamer Recipe

- 1 CUP OF BAKING SODA
- ½ CUP OF CITRIC ACID
- ⅓ CUP ARROWROOT POWDER
- ⅛ CUP KAOLIN CLAY
- 20 - 25 DROPS OF EUCALYPTUS GLOBULUS
- WITCH HAZEL/WATER IN A SPRAY BOTTLE
- DRIED FLOWER PETALS (OPTIONAL)

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# *Shower Steamers without Citric Acid*

- 1 CUP OF BAKING SODA
- 10 DROPS PEPPERMINT ESSENTIAL OIL
- 10 DROPS LAVENDER ESSENTIAL OIL
- 10 DROPS EUCALYPTUS GLOBULUS ESSENTIAL OIL
- WITCH HAZEL/WATER IN A SPRAY BOTTLE

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# Shower Steamers: Inspiring Morning

- 1 CUP OF BAKING SODA
- ½ CUP OF CITRIC ACID
- ⅓ CUP ARROWROOT POWDER
- ⅛ CUP KAOLIN CLAY
- 15 DROPS LEMON
- 10 DROPS PEPPERMINT
- WITCH HAZEL/WATER IN A SPRAY BOTTLE

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# Shower Steamers: Relaxing Night

- 1 CUP OF BAKING SODA
- ½ CUP OF CITRIC ACID
- ⅓ CUP ARROWROOT POWDER
- ⅛ CUP KAOLIN CLAY
- 15 DROPS LAVENDER
- 10 DROPS VANILLA
- WITCH HAZEL/WATER IN A SPRAY BOTTLE

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# Shower Steamers: Kids Friendly

- 1 CUP OF BAKING SODA
- ½ CUP OF CITRIC ACID
- ⅓ CUP ARROWROOT POWDER
- ⅛ CUP KAOLIN CLAY
- 20-25 DROPS LAVENDER OR SPEARMINT
- WITCH HAZEL/WATER IN A SPRAY BOTTLE

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# Shower Steamers: Bye-bye Congestion

- 1 CUP OF BAKING SODA
- ½ CUP OF CITRIC ACID
- ⅓ CUP ARROWROOT POWDER
- ⅛ CUP KAOLIN CLAY
- 10 DROPS LAVENDER
- 15 DROPS EUCALYPTUS GLOBULUS
- WITCH HAZEL/WATER IN A SPRAY BOTTLE

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