

**STEAM INHALATION  
FOR  
RESPIRATORY  
AND  
SINUS CONDITIONS**

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**IMPORTANT**

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**Procedure for Steam Inhalation for Respiratory and Sinus Conditions**

Boil a kettle of water, and pour it into a suitable bowl.

Add a couple of drops of suitable decongestant therapeutic aromatherapy oil (two oils can be added if desired - Tea Tree and lavender is a good combination):

- Tea Tree
- Albas
- Lavender
- Eucalyptus

Place the bowl on a table, sit down, lean over the bowl, close the eyes, drape a towel over the head, and inhale the steam into the nose, sinuses, and lungs.

The steam will help to relieve congestion, and the oils will augment the steam and will help to deal with infection.

Continue to inhale the steam into the nasal passages and respiratory tract for as long as is comfortable.

Inhaling the steam for 10 to 20 minutes, 2 to 3 times a day is recommended for all conditions.

Alternatively a vaporiser/Humidifier can be used to disperse the water and aromatherapy oil(s).  
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### **Hydrogen Peroxide - Vaporizer/Humidifier**

Use 30 to 60 ml of 35% H<sub>2</sub>O<sub>2</sub> per 3.8 litres of non-chlorinated water (distilled preferred) in a vaporizer/humidifier - this especially improves night-time breathing in lung disorders.

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