

# Cabinet Creations

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## Forest Steam Bath Soak

Congestion Relief, Deep Relaxation, Nervous System Reset

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Prep: 15 minutes

Shelf life: 1 year

- If essential oils are added, aroma is strongest within the first 6-9 months

Ingredients:

1 cup Epsom salt

½ cup sea salt

½ cup baking soda

2 tbsp dried herbs (crushed):

Pine needles

Eucalyptus leaf

Rosemary

- Optional: 10 drops eucalyptus or fir needle essential oil
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Method:

- Mix salts and baking soda
- Add herbs (or place herbs in a muslin tea bag)
- Stir in essential oils
- Store in a sealed jar

Use:

- Add ½-1 cup to hot bath; inhale deeply
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Apothecary Notes:

- A forest-inspired steam soak traditionally used to open the breath, quiet the mind, and release seasonal congestion
- Pine, eucalyptus, and rosemary are valued for their aromatic clarity and grounding, woody warmth