

# peppermint shower steamers

## Makes 15 small steamers

PREP TIME: 10 minutes

INACTIVE TIME: 24 hours

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½ cup baking soda

2 Tbsp water

40-50 drops peppermint essential oil

[small silicone mold](#)

[glass jar with lid](#)

[printable 2 inch round label](#)

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## MAKING STEAMERS

ADD baking soda to a bowl.

SLOWLY add water until it feels like wet sand.

STIR in peppermint essential oil. You can add more or less depending on how strong you prefer the scent.

SPOON paste into the mold and smooth off the tops with your fingers.

LET dry for 24 hours.

ONCE completely hardened, carefully remove cubes from the mold and store in an airtight jar.

PLACE label on lid.

## USING STEAMERS (instructions included on label)

PLACE 1-2 steamers in the shower. Allow water to spray, but not submerge, the steamers.

RINSE any remaining bits down the drain or leave for the next shower.