

## Heather Marianna and Beauty Kitchen: Steam your face, not your wallet

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*Three Face Steaming Recipes that won't break the bank and give you maximum beauty*

By Heather Marianna

Creator of the Beauty Kitchen

Every woman loves a great facial steam it's usually the first part of an expensive facial. However you don't have to spend your hard earned money at the spa to enjoy a great steam.

Here are my three top facial steams that I love and use on a weekly basis.

I use a face steamer, which you can buy online very cheap. I always make my mixture and pour into the face steamer with the water, this works perfect and allows you to relax and not have to worry about burning yourself with boiling water over a pot. But if you prefer the old school way go for it!



### Rose Geranium and Lavender Express Steam

Lavender and Geranium oils have balancing properties with regard to sebum production in the skin. The aroma in this steam will help reduce stress, anxiety, and fatigue. This is a great steam for you if you're feeling like you need a little pick me up and is quick and easy to do.

3 Cups distilled water

2 drops geranium oil

3 drops lavender oil

Use this as a steam for 5-30 minutes and follow up with your favorite moisturizer.

### Congestion Relief Express Steam

This steam not only helps clear congested blemished and clogged skin it also aids in relieving sinus and lung congestion due to allergies or cold symptoms. I love this steam when I have a breakout and the feeling of my lungs being opened up and allergies relived is a great bonus. This is recommended for all skin types and can be done 1-3 times a week for 5-30 minutes.

3 cups distilled water

2 drops each of the following essential oils:

Peppermint, Eucalyptus, Juniper and Ravensara

### Delicate Flower Express Steam

This steam is perfect for mature skin, delicate thin or damaged skin lacking in suppleness and tone.

This steam is perfect for mature women wanting to get a little bounce back in their face, I highly recommend this again for mature skin for men and women.

3 cups distilled water

4 drops Neroli essential oil

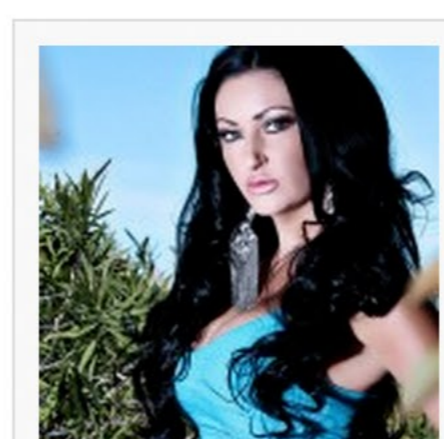
2 Drops Frankincense essential oil

Again this steam can be used for 5-30 minutes 1-3 times a week.

Now that you have three new facial steams you can do put a face steamer on your holiday list and get to steaming, the effects of a great steam are unbelievable I know you will really enjoy this.

For more information on The Beauty Kitchen, by Heather Marianna go to [www.heathermarianna.tv](http://www.heathermarianna.tv) for free blogs ad videos for tips and tricks on staying spa fabulous without the spa prices and use code informer for additional savings on my 100 percent organic spa line on [www.heathermarianna.tv/shop](http://www.heathermarianna.tv/shop).

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Heather Marianna, host of Beauty Kitchen

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