



The Kid
Nutritionist

Steam Inhalation Explained...

Steam inhalation is an age-old remedy for stuffy noses and congestion. It is also the foundation for aromatherapy which is beneficial in improving breathing and stress.

TOOLS NEEDED

1. You will need hot water,
2. A bowl/bucket and
3. Therapeutic oils like eucalyptus oil (these are optional).

STEPS For children 5 and above

Pour the hot water half way up the into the bowl/bucket, add 2-3 drops of your choice of essential oil .

Cover you and your child's face over the bucket or bowl and inhale the steam. Do this for 30 secs at a time and remove your face. Do this 3-4 times and then discard the water **SAFELY.**



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Steam Inhalation Continued...



For children younger than 5

You can put the bucket/bowl of water in an enclosed room and allow the steam fill the room. Let them be in the room for at least 10 mins. They will sweat and that is ok too.

Another way to do it

Is to run your shower on the maximum heat temp for at least 10 mins and keep the windows and doors closed in the shower. Then allow the child stay in the bathroom for 10 mins to inhale the steam. they can also take a warm shower as well.

P.S: Steam inhalation works great for congestion because inhaling the steam helps loosen mucus, making it easier to breathe when you're stuffed up.

Steam inhalation is also a great preventative measure especially if you are suspecting your child is about to come down with a cold or flu.

PLEASE NOTE! this is hot water so be very cautious and ensure you are keeping a safe distance between you, your child and direct contact with hot water.