

HERBS FOR FUMIGATION

Fumigation herbs are antibacterial herbs that can be used in steam pots or smoke cleanings to rid and area of airborne bacteria.

Herbs include: Cinnamon, Clove,
Lavender, Ginger, Frankincense,
Sage, Eucalyptus, Thyme,
Peppermint, Rosemary
Fruits: Lemon, Orange,
Cranberry

To fumigate your home, put any number of these herbs into a pot of boiling water, then reduce the water to a simmer. Let the steam fill your house for up to 3 hours, adding more water as needed and stirring regularly.

Find more info at
www.theathomeapothecary.com