

## K-Cup Shower Steamers

### Materials:

- 3 k-cups
- Bag mix of steamer powder.

### Instructions:

1. Add water slowly to the powder, starting with about a half teaspoon, and stir well.
2. Continue adding splashes of water and stirring until you have the consistency of slightly damp sand. You should be able to squeeze the melt and it holds its shape.
3. Pack the melt tightly into the k-cups, so there are no air bubbles.
4. Allow the shower tablets to dry completely before removing them from the k-cups, which is about 48 hours.
5. Store them in an airtight container.

### Powder Ingredients:

- 1 cup [of baking soda](#)
- ½ cup [of sea salt or epsom salt](#)
- 20-25 drops of essential oils see blends above
- 2-3 tsp of water

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