

Homemade Shower Vapor Disks with Essential Oils

Prep time	Cook time	Total time
10 mins	15 mins	25 mins

Author: Yankee Homestead

Serves: 6 disks

Ingredients

- 1 cup baking soda
- 1/3 cup water
- muffin tin*
- cupcake liners
- essential oils: Eucalyptus, Lavender & Rosemary



Instructions

1. Preheat oven to 350.
2. Prepare a muffin tin with cupcake liners.
3. Mix baking soda and water to form a paste.
4. Spoon the mixture into cupcake liners, filling each liner about halfway.
5. Bake 15-20 minutes.
6. Allow to cool completely, then add about 3 drops each of Eucalyptus, Lavender & Rosemary essential oils to each disk.
7. For gift-giving, stack several vapor disks (with liners) in a pretty glass jar.
8. To use, simply place a disk on the shower floor and allow the steam to diffuse the oils as you shower.

Notes

*Silicone muffin tins work best, along with disposable aluminum tins. The liners tend to stick to regular metal muffin tins, making it difficult to remove the disks. If you do use a metal muffin tin, quick preparation is key: transfer your paste to the muffin tins immediately and bake right away.

Recipe by Yankee Homestead at <http://yankeehomestead.com/homemade-shower-vapor-disks-with-essential-oils/>