



Six Fishes

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Directions for Use as an Herbal Soak

1. Place the compress in a small pot with enough water to cover (approx. 2 ½ cups). The addition of 2 tsp. rice wine to the water will increase the efficacy of the compress. Bring the water to a boil and reduce heat to medium. Simmer the compress for 15 minutes.
2. Place the compress and the cooking liquid in an appropriately sized bowl. Hold the affected limb over the bowl until the liquid has cooled enough so as not to burn the skin.
3. Submerge the affected area in the liquid for 20 minutes. Afterwards, reserve the liquid and the compress. They can be reheated and reused for a total of 3 days.
4. Cover the affected area following treatment to keep it warm and protected from wind and damp.