



SIX FISHES

CHINESE MEDICINE FOR ALL

Directions for Herbal Soaks and Compresses

You've received a package of herbal tea bags. We use these for a range of conditions: injuries, like a sprain or a bone break, or we might be working on a condition involving blockages, like uterine fibroids or blocked fallopian tubes

These can be used as a compress to be applied to an injury or steeped in warm water to use as a soak. Herb Soaks are easy to use, and it's a terrific method for delivering healing herbs to a local area of the body.

How to use Herbal Soaks

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 basin. 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. Afterward, 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.

Directions for Use as an Herbal Compress

1. Place the compress in a small pot with enough water to cover (approx. 2 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. Turn off the heat, carefully remove the compress from the pot, and save the cooking water.
3. When the compress has cooled enough that it will not burn the skin, place it directly on the affected area. Take caution not to burn the skin.
4. Place a hot water bottle over the compress and cover both with a towel. Beware: The compress liquid can stain clothing.
5. Leave the compress on the affected area for 20 minutes, then place it back into the pot with the cooking liquid. The following day reheat the compress in the same liquid. The compress can be used for a total of 3 days. Cover the affected area following treatment to keep it warm and protected from wind and damp.

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