

Chinese Herbal Soak / Compress Instructions

Soak Instructions

Follow these instructions twice daily, preferably once in the morning and once in the evening.

1. Place 1 herb pack in a covered glass, ceramic or stainless steel cooking pot.
2. Add 4 to 6 cups of water.
3. Optional: Adding 2 tablespoons of rice wine to the water at the beginning of the process will enhance the potency of the herbal soak, but is not necessary for the soak to be effective.
4. Bring to a boil, then lower the heat and simmer 25 minutes.
5. Remove pot from heat. Leave the herb pack in the liquid. Let the liquid cool a bit.
6. Wash the injured area with soap and warm water.
7. Immerse the injured area completely in the liquid and soak for 20 to 25 minutes. The liquid should be as warm as tolerable.

NOTE: If the injured area is partially or totally numb test the temperature of the soaking liquid with an unaffected part of the body first.

8. If necessary reheat the soaking liquid briefly mid-soak.
9. If available, you may experiment with putting the container of soaking liquid on a hot-plate set on "low" to keep the liquid warm throughout the soaking period.
10. The herb pack and liquid can be re-heated and used for 3 to 4 days.
11. Refrigerate the herb pack and liquid in a covered glass, ceramic or stainless steel container between uses.

Compress Instructions

Use as follows for areas that are difficult to soak such as the shoulder, knee, hip or back. Follow these instructions twice daily, preferably once in the morning and once in the evening.

1. Place 1 herb pack in a covered glass, ceramic or stainless steel cooking pot.
2. Add 4 to 6 cups of water.
3. Bring to a boil, then lower the heat and simmer 25 minutes.
4. Remove the herb pack from the water and let it cool a bit. While it is quite warm but tolerable place it on the affected area.

NOTE: If the injured area is partially or totally numb test the temperature of the herb pack on an unaffected part of the body first.

5. Place a hot-pack, hot water bottle or heavy towel over the herb pack to keep it hot.
6. Leave on affected area for 20 to 25 minutes.
7. The herb pack and liquid can be re-heated and used for 3 to 4 days.
8. Refrigerate the herb pack and liquid in a covered glass, ceramic or stainless steel container between uses.