

Instructions for preparing and using a Compress

1. Place the compress in a small pot with enough water to cover, (approx. 2 1/2 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 compress for 15 minutes.
2. Turn off heat and 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. Do not use a heating pad with the compress as there is a danger of electrocution. Beware: the compress liquid will 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, simply reheat the compress in the liquid. The compress can be used for a total of three days.
6. Cover the affected area following treatment to keep it warm and protected from wind, cold and damp.