

## Vinegar Soaks

Mix one tablespoon of White Vinegar for every cup of lukewarm tap water.  
Can either be used as a compress or in a soak.

### **COMPRESS**

- Soak cloth in mixture and apply to the affected body part for 60 – 90 seconds.
- Wring out.
- Re-immerses the same cloth into the vinegar mixture.
- Repeat first 3 steps five times in a row.
- Complete these steps, twice a day until area is healed.

### **SOAK**

- Make at least a quadruple recipe (4 tablespoons white vinegar per quart of lukewarm tap water).
- Soak affected area in a bath of the above mixture for 60 – 90 seconds.
- Pat skin dry with a towel.
- Repeat first 3 steps five times in a row.
- Complete these steps, twice a day until area is healed.

***Please contact us at 206-236-3030 with any questions or concerns!***