

Vinegar Soaks

Ingredients for Mixture:

Mix one tablespoon of white vinegar for every cup of lukewarm tap water. This mixture can be used either as a compress or in a soak (see below).

Compress

- Soak cloth in mixture and apply to the affected area(s) for 60-90 seconds
- Wring out the cloth
- 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(s) 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