

## Yin Care Instructions

Bottle of 116ml (4 fl. oz.)

**Topical:** Mix (5-100%) herbal concentrate with various amounts of water into a solution, apply directly to skin as a wash, compress or sitz bath, 2-3x day.

**Vaginally:** utilize washing receptacle (douche) and mix 5-20% concentrate with water, rinse 2-3x day, 5-6 days a course of treatment. For more serious vaginal conditions, soak tampon with 50% concentration mixture and insert for 3-5 hours 1-2x days, 6 days as course of treatment.

### **General Treatment Dilutions:**

- Acne: 20-50% wash
- Burn: 5% dressing
- Cold sore: 50-100%
- Eczema/Psoriasis: 5-20% dressing
- Fungal foot: 50-100%
- Hemorrhoid: 10-20% wash
- Insect bite: 50-100%
- Poison Oak: 50-100% wash/dressing
- Vaginitis: 5-20%
- Vaginal itch: 5-20%
- Rash: 10-20%
- Shingles: 50-100%