

### Poultice Instructions:

Make a cup of green tea. Mix as much poultice as you need to cover the area with some of the green tea to make a thick soup (you can always make more, so I would use less to start until you get the hang of how much you need). Spread the poultice onto the affected area and let sit for 20 minutes. You can cover the area with Saran Wrap if you want to move around or minimize mess. Remove the poultice but don't wash the area for 1-2 hours.

If there is any burning or irritation of the skin, remove immediately and allow to air dry. The reaction will quickly subside.