

Oriental Therapy Center

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External Herb Preparation & Usage

DIRECTION:

1. Soak the entire package of herbs into a big pot and add 15-20 cups water for about 30 minutes.
2. Put the pot on the stove, bring to a boil then simmer for 15 -20 minutes.
3. Beware that the mixture is extremely hot at this point. Waiting until the mixture is warm and soak hands or feet directly inside the liquid for 10-15 minutes.
4. Rub herbal oil on hands or feet.

NOTE:

1. One package may be used continuously for 5-7 days when store in cold temperature
2. It is recommended that you use the preparation once or twice every day.
3. Warm the mixture before each use.