



Throat Compress

When covered (insulated) with wool, the damp towel works to draw congestion from the head and works to stimulate systemic circulation. This in turn, invigorates the immune system and helps fend off acute illness.

WHAT YOU WILL NEED:

- Small cotton towel (face or hand towel, not body towel)
- Wool scarf—sized for the recipient (if no wool scarf is available, use a thick scarf or towel)
- Warm neck!

How to do the Throat Compress:

1. Make sure your neck is **WARM!** Do not attempt this treatment if you or your child's neck is cold! Warm them with a hot bath, shower or hot towel around the neck, as necessary.
2. Run the **small towel** under cold water, wetting it thoroughly. Wring the towel out so that it is still quite damp, but not dripping wet.
3. Making sure your neck is still warm, wrap the cold towel around and immediately put the **wool scarf** over them and get into bed. Go to sleep or relax for at least 30 minutes!

The towel will dry or be warm over time as the body brings warm, fresh blood to the neck and chest. This compress can be used nightly with any concern about the onset of an acute infection, illness, sore throat and with any hoarseness.