

Wound Wash



Ingredients:

- 3 oz. herbal infused witch hazel (lavender, yarrow, thyme, calendula)
- 3 oz. distilled water (or calendula tea made with distilled water)
- 2 oz. aloe vera liquid
- 1 Tbsp. castile soap
- 30 drops tea tree essential oil or first aid blend
- 15 drops lavender essential oil

Instructions:

Mix all ingredients together and pour into a spray bottle. Spray liberally on owies and wounds then wipe with sterilized gauze, cotton pads or clean cloth.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.