

## **Recipe for a Witch Hazel compress**

### **Ingredients**

- 40-50g (about a handful) of fresh Witch Hazel bark strips, or 30g of dried bark
- 250ml (a mug) of water

### **Method**

- Place the Witch Hazel in a non-aluminium saucepan, cover with a lid and bring to the boil
- Simmer for 10-20mins before taking off the heat
- Use a sieve to strain the liquid into a bowl
- Allow to cool (putting the bowl into a larger shallow bowl with cold water in it will cool it quickly)
- When the liquid is body temperature or cooler it is ready to apply to the skin

### **Making and using the compress**

- Use a piece of muslin, a handkerchief or tea towel and soak this in the liquid, squeeze the excess liquid out and place the cloth on the affected area
- Leave in place for a minimum of 10 minutes, up to 30 minutes
- This compress can be applied to bumps and bruises, cuts and grazes, varicose veins, and itchy and sore skin. It can also be used on the face for inflamed problem skin and acne