

How to Make a Poultice

We will often recommend that a member use the Heal All Tea as a poultice for wounds, swollen lymph nodes, skin issues, and a variety of other ailments. You can also use our accompanying poultice handout to create your own personalized poultice.

Here are the instructions for making a poultice with either the Heal All Tea or other herbs you may choose to use.

Grind dried herbs with a mortar and pestle and place in a bowl. Add just enough hot water to make a thick paste. If using fresh herbs, you can simply grind and soften the herbs to a gooey mass, or you can grind and then simmer the herbs in water for a couple of minutes, using about twice as much water as herb.



Spread the herbal paste over a piece of clean cloth that is large enough to cover the affected area of skin. Gauze, muslin or other light cotton fabrics work well.

Place the fabric with the poultice over clean skin (just cleaned is best) and then cover with a hot cloth. If it gets messy, then wrap the entire area with a towel. Leave the poultice on anywhere from one hour to twenty-four hours.



You can repeatedly warm the area by replacing the hot cloth or by applying a hot water bottle instead.

