

VINEGAR WATER SOAKS

One teaspoon white distilled vinegar mixed in one cup water.

For wounds, saturate gauze or cotton ball with mixture. Apply to wound for 5-10 minutes. This can be done 2-3 times daily.

For larger areas (Example: Entire face after blue light treatment) Make larger mixture. For every one cup of water, mix in one teaspoon vinegar. Saturate wash cloth with mixture. Apply to affected area for 20 minutes. This can be done 3-4 times daily.