

Chamomille compress

The patient should be comfortably lying in bed prior to the compress. Pay attention that extremities are warm, and the room is quiet and has fresh air.

The compress can be done after each meal, to bring relaxation and centering. Or use it once daily in evening. It is also helpful for nausea.

Method:

Put a handful of chamomille (organic preferred) in a strainer, and pour boiling water through the chamomille.

Use a cotton cloth about six inches square for the compress over the abdomen.

Put the compress cloth into the tea, and wring it out thoroughly but carefully so you don't burn your fingers.* The cloth should be damp, not drippy, and hot to touch.

Put the compress cloth on the abdomen, touching the skin briefly first to let the person know the heat is coming, and this will also let you know if it is too hot, and you can briefly fan the cloth in the air to cool it.

Apply the hot compress quickly, and immediately secure it with a cotton or linen cloth bound tightly round the body. Cover with a woolen cloth. The cloths should be much bigger than the compress to prevent cold areas arising along the edge. Place a loosely-filled hot water bottle on top, perhaps tucked inside pajamas. Let the compress stay in place for 20 - 60 minutes, or as long as it is warm. If the patient falls asleep, simply cover him/her warmly and do not disturb.

* To prevent fingers being burnt by hot tea, the compress cloth can be put in a larger cloth, such as a tea towel, and wrung out from both ends, or twisted around a faucet, until the compress cloth is damp, not drippy.

If the compress cloth gets COOL in the process, it should NOT be applied to a person's abdomen. Simply dip the compress cloth into the hot tea again, wring out till damp, and proceed.

A key to successful (quick!) handling of the compress is to have everything organized ahead of time: hot water bottle, cotton (or linen) and wool cloths of proper size, boiling water, herb, strainer, compress cloth, and tea towel if wished.

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