

Vinegar Saline Soaks

In the tub:

Fill tub halfway with cool to tepid (lukewarm) water.

½ cup to 1 cup white vinegar

1 cup salt

In a bowl or with cloths:

1 quart water (cool to tepid)

2 teaspoons white vinegar

2 teaspoons salt

Instructions:

1. Soak 5–10 minutes
2. Rinse with cool water
3. Pat dry
4. Apply cream or ointment immediately, if recommended