



humanizing
medicine
INTEGRATIVE CARE



Gold Lavender Rose Cloth

Indications

The gold lavender rose cloth supports the heart and its related processes. Gold is the metal that relates to the heart as central to the metals and sun-like. Lavender and rose carry a pleasant aroma that calms and relaxes and restores the center.

This cloth is supportive for anxiety, depression, night terrors, insomnia, heart palpitations, heart failure, angina and hypertension.

Supplies

- Wool outer cloth (may be a piece of a blanket) that can cover the inner cloth.
- Cotton inner cloth 5x5"
- Gold lavender rose ointment
- Hot water bottle
- Wooden spatula

Directions

1. Choose a restful place to experience this compress.
2. Apply the gold lavender rose to the inner cloth in a thin layer.
3. Warm the inner cloth (dry side) on a hot water bottle.
4. Lay the cloth onto the heart region and cover with the wool outer cloth.
5. Leave on for an hour or overnight.
6. Cloth may be stored in a plastic bag and applied every night. Apply more ointment as needed.