



## Yarrow Compress Treatment

### Indications

Yarrow compresses aid in the rejuvenation of the liver and restoration of the “chi” or “etheric body”. Yarrow compresses have a supportive role in fatigue, cachexia, depression, liver illness, and general healing.

### Supplies

- Wool outer cloth (may be a piece of a blanket) about 18” wide, long enough to wrap around your body.
- Cotton or flannel inner cloth (a medium sized towel will work).
- Compress cloth (a sheet folded 8”x16”)
- Dish towel to help wring out the compress
- Large Bowl
- Hot water bottle
- Organic yarrow tea (ideally a mix of flowers and leaf)

### Directions

1. Choose a restful place to experience this compress. Ideally after midday meal.
2. Place the wool outer cloth down on the bed so that when the patient is lying face up the ends of the cloth can wrap around the mid to upper abdomen.
3. Position the inner cloth over the wool outer cloth (the two stay together through the compress).
4. The patient may lay down on the bed with the cloths positioned.
5. Make a long roll from the compress cloth and place this in the dish towel.
6. The idea is that you can safely hold the ends of the towel while wringing and not burn your hands.
7. Two options are available- place 2 heaping tablespoons of yarrow inside the compress cloth, or make a tea of the yarrow and use the compress cloth to absorb it.
8. Pour about 2 cups boiling water into the bowl to make a yarrow tea.
9. Let it steep for 3-5 minutes.
10. Fill up your hot water bottle.
11. Wring out the compress cloth with the ideal being that it stays quite hot but as dry as possible.
12. Quickly place the warm compress cloth onto your right upper abdominal area.
13. Cover with the middle and outer cloths and place the hot water bottle on top.
14. Rest for 20-30 minutes.

**Notes:** Best performed daily for several days in a row.