

fever Compress



Fevers aren't bad! Support your kids body through it.

INGREDIENTS

- 2 cups boiling water
- 1 peppermint tea bag (or 1 tbsp of loose leaf tea)
- 1-2 cups of ice
- 4 drops peppermint essential oil
- 4 drops lavender essential oil
- 1/2 cup raw apple cider vinegar

DIRECTIONS

1. Mix the boiling water with the peppermint tea bag. Cover and steep for 15-20 minutes.
2. Add 1 to 2 cups of ice cubes, and stir until the ice is melted and the water temperature is cool but not ice cold.
3. Mix the essential oils and apple cider vinegar into the cooled peppermint tea, stir.
4. Dip a cloth into the mixture, wring out excess, apply to cloth to the forehead and feet to draw out heat from the body.