



**Lacerda Chiropractic**

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## **Cold Compress Instructions**



### **Material you'll need:**

- 1 Cup Epsom Salt
- 1 Cup water
- 1 Tray of ice cubes
- 1 small hand towel

### **Directions:**

In a large pan combine the water and Epsom salt; add ice cubes to this solution. Dampen the towel in the solution and leave it in the solution for 5 minutes.