

EVERYTHING
HERBAL

by Cheryl Jabz

Comfrey Compress

Quick Pain Relief

Best for: sprains, bruises, swelling

INGREDIENTS:

- 2 tbsp dried comfrey
- 1 cup hot water
- Clean cloth

INSTRUCTIONS:

Steep comfrey in hot water for 10–15 minutes. Soak cloth in the liquid. Apply to affected area for 15–20 minutes.

Great for fast relief without making a salve.



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For external use only.
Do not ingest comfrey.
Avoid use on
broken skin.



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