



Everything HERBAL

by Cheryl Jabz

Comfrey Bath Soak

Best for: full-body muscle relief, skin soothing

INGREDIENTS:

- ½–1 cup dried comfrey leaves
- Muslin bag or tea bag

INSTRUCTIONS:

Add herbs to bag and place
in warm bath water.
Soak for 20 minutes.

*Helps ease aches and
dry skin.*

DOWNLOAD THIS PAGE

Scan to
Explore More



www.EverythingHerbalbyCherylJabz.com



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

Print • Save • Share

