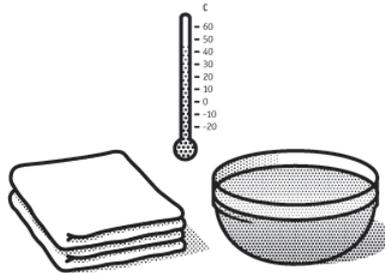


► Warm and humid throat compress



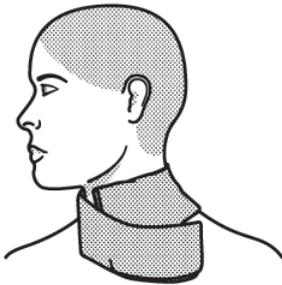
1 A warm and humid throat compress has a soothing effect for sore throat and hoarseness. If you are shivering and feeling cold, then this home remedy works particularly well.



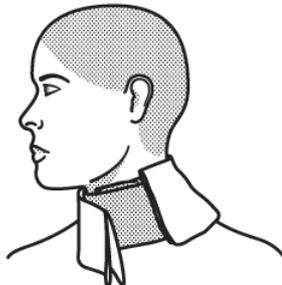
2 Prepare a bowl with warm water (40-45 degrees). You will also need a linen or cotton cloth (dish towel) with at least double the width of your throat, a small terry towel and a shawl or a wool cloth.



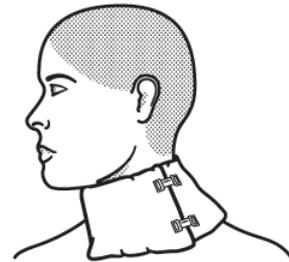
3 Dip the linen or cotton cloth in water and wring it well till it remains wet but water does not drip from it.



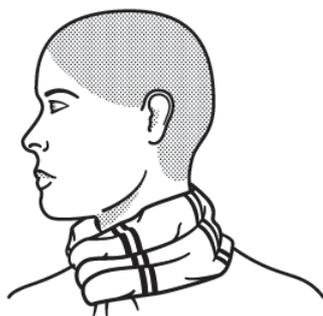
4 Fold the inner towel in such a way that it is approximately same as the width of the hand and wrap it around your throat. Please be quick enough so that the napkin does not lose its warmth.



5 Now cover the inner towel with the napkin. Ensure that the dry outer towel covers the inner layer sufficiently from top to bottom.



6 Fix the outer towel with clips or plaster clips. The compress must be packed tightly so that the cool air does not reach the wet napkin - but not so tightly that it compresses the blood vessels.



7 As third layer, the shawl or woolen scarf is wrapped around the compress. Rest for 30-60 minutes in this condition - on the bed or a relaxing chair- and keep your feet warm.

How does the throat compress work?

A warm and humid throat compress boosts blood circulation and thus supports cure for sore throat and hoarseness. It is mainly recommended when the inflammation is already somewhat older, that is, if the symptoms have already persisted since a few days. In case of an acute sore throat with severe pain, a cold throat compress can also bring some relief. Here an inner layer of cloth is soaked in cold water and wrapped for 20 to 40 minutes.

Otherwise the procedure is the same as in warm and humid compress. Eventually you must select the variant that feels right for you. If you find it pleasant to have warm drinks and you are feeling cold, then in any case it is recommended to use the warm and humid throat compress. It can be used twice or thrice in a day.