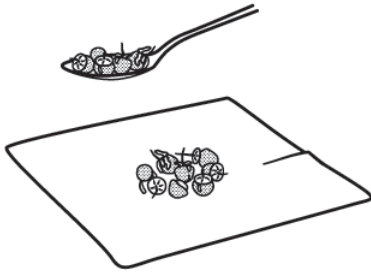
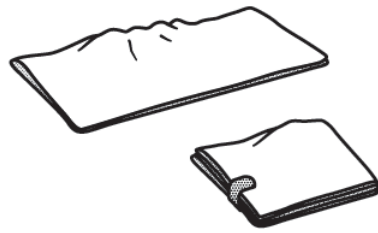


► Ear compress



1 Take three to four tablespoons of camomile blossom on a piece of gauze (bandage). Alternatively you can use a thin handkerchief.



2 Fold the handkerchief with camomile blossom to a square pack. It should be big enough so that the ear is completely covered.



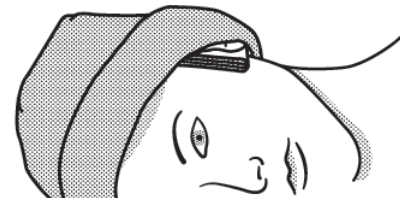
3 Take a saucepan and fill it with water up to two to three fingers deep. Heat the water till steam appears.



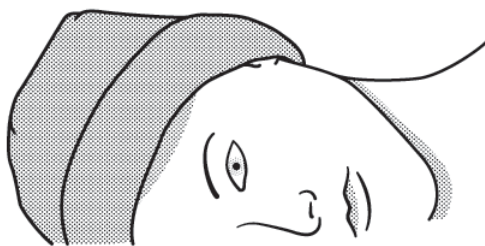
4 Put the camomile packet in the kitchen sieve and heat it for five minutes over the water steam. **Take care that you don't scald yourself!**



5 Check carefully that the packet is warm but not too hot. Then place the camomile compress on the ear and cover it with cotton wool or raw wool.



6 Fix the compress with a cap, shawl or head band. While using, rest your head on one side so that the ear compress does not slip off.



7 When the feeling of warmth goes, remove the camomile compress again. Subsequently, cover the rest area of the head warmly for one to two hours.

What are the effects of an ear compress?

The blood circulation of the ear is stimulated by the heat. The camomile blossom and the ethereal oils in it also have an anti-inflammatory effect. A warm ear compress with camomile blossom can help in subsiding the symptoms and promoting the healing process in case of earaches.

Alternatively you can also fill the pack with finely chopped raw onions or completely omit these additional materials. Irrespective of the preparation, the compress must be kept for at least half an hour on the ear. The household remedy can be used once or twice daily for several days up to one week.