



## *How to Use an Herbal Eye Wash*

An herbal eye wash can be used in the same way a regular eye wash is used, however, it is often in different forms. The most common of these are an eye wash infusion, diluted tincture, or an eyewash hydrosol. In this handout you will discover the various ways in which to properly use your eye wash depending on what form your practitioner has given you.

Whatever form your eye wash comes in you will need a proper vessel for rinsing your eyes. It can be as simple as a small cup or a glass measuring cup with a pouring spout. There are other devices too that can be purchased to make using your eye wash easy, some of my favorites have been linked below:

- [Eyewash cup with pump](#) (Amazon)
- [Plastic Squeeze Bottle with Spout](#) (Amazon)
- [Plain Glass Eye Wash Cup](#) (Amazon)

**Infused Eye Wash:** An infused eye wash is a water infusion made with raw herbs. This is in essence a tea that is used to clean the eyes.

**How to Make & Use an Infused Eye Wash:** With all infusion based eye washes, the ratio of herb to water is generally listed on the package. However, if there is ever uncertainty, generally use 1 teaspoon to 1 cup boiling water. Infuse for 5 to 7 minutes, strain and let cool to a comfortable temperature for your eyes. Once the water has cooled, pour into the eye wash receptacle of your choice and rinse gently until the liquid is gone. Do not rub your eyes after rinsing, simply dab gently and allow to air dry.



**Diluted Eye Wash with Tincture:** A diluted eye wash with tincture is used when your practitioner needs a stronger dose of herbs. Most commonly in issues with infection. In a diluted tincture eye wash, alcohol based tincture is added to an abundance of water.

**How to Make & Use a Diluted Eye Wash with Tincture:** Dosage will always be on your bottle, but generally the dilution is anywhere from 30 drops to 1 teaspoon added to 1 or 2 cups of recently boiled distilled water. The water needs to be boiled in order to burn off the majority of the alcohol. Once you have added your tincture to the hot water, let cool to a comfortable temperature for your eyes. Once the water has cooled, pour into the eye wash receptacle of your choice and rinse gently until the liquid is gone. Do not rub your eyes after rinsing, simply dab gently and allow to air dry. **NEVER PUT TINCTURE DIRECTLY IN YOUR EYES.**

**Hydrosol Eye Wash:** A hydrosol eye wash is made by boiling herbs and distilling the infused water into steam. Next, the steam is condensed back into water, leaving molecules from the herb attached to the molecules of water. This allows for the liquid to be poured directly into the eyes and is a very soothing and gentle way of using an eye wash.

**How to Use a Hydrosol Eye Wash:** Measure out the amount needed for your hydrosol eye wash, generally this is 1 to 1/2 cup. Pour it into your preferred eye washing vessel and rinse your eyes accordingly. As with the other eye washes, do not rub your eyes, when you are done simply blot your face and let air dry.

