

Recipe for Ice Bags

- ✓ 1 part (1 bottle) of Rubbing Alcohol
- ✓ 3 parts water
- ✓ Pour into a Large Ziplock Freezer Bag (*you may want to double bag*).
- ✓ Bleed out the air, close and freeze

Make several bags so you always have a cold one!!

Application

- ✓ Squish frozen ice bag to make a slush.
- ✓ Place a dry cloth or towel between your skin and ice bag.
- ✓ Never place the ice bag directly on your skin. (*It can cause frostbite!*)
- ✓ Leave in place 10-20 minutes.
- ✓ Ice can be re-applied multiple times. Make sure you allow the skin to return to normal temperature between applications.