



holistic-einstein.com
dan@holistic-einstein.com
(p) 207-470-0499
(f) 207-221-5707

Mustard Plaster

Materials

- 1 cup ground mustard seed (from a health food store or mountainroseherbs.com)
- Hot tap water (100-120F; Over 140 will destroy the medicinal value)
- 1 fine inner cloth or paper towel. The weave needs to be fine enough that the mustard powder doesn't pass through. This may get stained by the mustard.
- 1 thin outer cloth
- 1 cotton outer cloth (bath towel or similar)
- 1 wool, or similar warm outer cloth (wool blanket)
- Plain oil (olive, almond, jojoba or similar)
- Eucalyptus essential oil (optional)

Procedure

This compress should not be done more than once a day, but can really be done any time. Often people prefer to do them shortly before bed, because it can help reduce a cough over night.

1. Place the mustard seed in the fine cloth/paper towel and wet it with the hot water. It should be wet enough to be slightly dripping.
2. Fold the fine cloth/paper into an envelope and gently press out excess water. There should be no gaps in powder, as these can feel cold when applied.
3. Place the plaster on the upper back, and cover with the thin outer cloth, cotton outer cloth and then wool blanket. With this firmly in place, get into bed and cover to stay warm.
4. It will start to burn a little right away, and then usually get better after about 2 minutes. If it does not do so, remove the plaster.
5. Remove the plaster after 5 minutes. The maximum time can be increased in 2 minute increments, but never apply more than 15 minutes, or if the burning starts to worsen again.
6. Wipe the skin clean and apply a plain oil. Optionally, you can put a drop of Eucalyptus oil in approximately ¼ cup oil, and apply that. This strengthens the effect of the therapy.
7. Rest in a warm bed at least 30 minutes after the therapy.