

Thank You

For your purchase of Yin-care®'s Herbal Wash

Yin-care®'s Herbal Wash is used for many conditions that arise during damp, damp-heat, toxic heat and wind conditions both gynecologically and dermatologically.

For Vaginal Use:

If you are using this for an internal vaginal condition for the first time, you will want to have an applicator to use with this wash in order to create the proper dilution recommended by your health professional. You may wish to purchase our combo pack which is designed for first time vaginal use as it comes with the applicator specifically designed to measure proper dilutions.

Alternatively, you can purchase a doucher at your local pharmacy; however, this doucher will NOT have the easy to use measuring accordions.

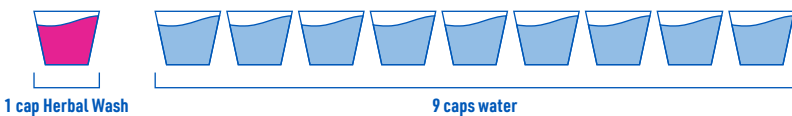
Unsure what dilution to use?

Be sure to confirm with your health care provider as to what dilution they are recommending for you. If this product was recommended by a non-health care practitioner, use Yin-care®'s Herbal Wash at a 10% dilution.

Creating a 10% Dilution:

If you have the YAO applicator, fill the bottom rung with Yin-care®'s Herbal Wash and the remainder of the bottle with water.

If you do not have a YAO applicator, you can create the dilution by filling the cap of the bottle with Yin-care®'s Herbal Wash and 9 other capfuls with water. Pour all of that into your store-bought applicator and voila...there you have your 10% dilution. Alternatively, you can do 1 TBSP of Yin-care®'s Herbal Wash and 9 TBSP's of water.



General Instructions if you are NOT working with a health care provider:

You will want to insert the contents of the applicator into the vagina and attempt to hold it for approximately 5 minutes using your kegel muscles before you relax and let it out. Do this 2 times a day for 5 - 7 days. If you do not notice any improvement - please find a Chinese Medical care provider to work with you on next steps.

For more great info on Yin-care®'s Herbal Wash go to www.yincare.com

