

# Thank You

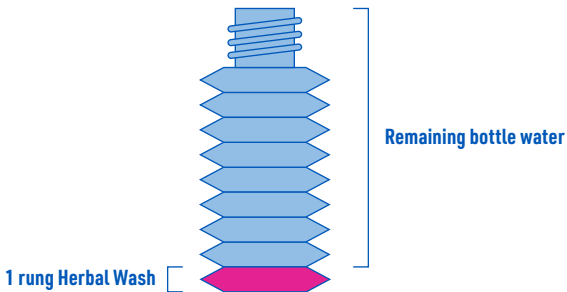
## For your purchase of Yin-care®'s Herbal Wash

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.

Since you purchased the Combo Pack with applicator, you are likely using it for vaginal use. Be sure to create the dilution that is recommended by your health care provider. Damp, damp-heat and toxic heat conditions can range in the dilutions that would be recommended. If you purchased this on your own or was recommended by a friend, create a 10% dilution. The 10% dilution is pretty magical as it allows for the continued proliferation of lactobacilli (a health vaginal bacteria) to flourish while keeping other bacteria and yeast in check!

### Creating a 10% Dilution:

With the YAO applicator included in your combo pack, creating this dilution is super simple. Fill the bottom rung with Yin-care®'s Herbal Wash and the remainder of the bottle with 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](http://www.yincare.com)

