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## **Mustard Pack Instructions**

Mustard pack hydrotherapy offers wonderful treatment support to help reduce lung congestion. Use caution as it can burn the skin—you may want to apply castor oil over your chest before applying the mustard pack. Check with your doctor first if you have any questions.

**Supplies for an adult** (contact healthcare provider for appropriate instructions for children or infants:

- 1 tablespoon dry mustard powder
- For an adult: 4 tablespoons flour (yes, it can be a gluten-free flour!)
- Tepid water
- Cotton cloth—flour-sack cloth works well
- Castor oil
- Towel

### **Instructions:**

Combine the mustard powder with the flour. Add enough tepid water to make a paste thin enough to spread on the cloth but not runny. Spread the paste onto the center of the cotton cloth. Fold cotton cloth to cover the paste but ensuring that there will be only a single layer of cotton between the paste and the skin. I recommend folding it into a triangle so that application to the chest avoids nipple tissue. Place mustard pack over the chest and cover with towel. You may apply gentle heat to increase the reaction but use caution as this may increase risk of burning. Leave pack in place for 20 minutes but REMOVE if skin becomes reddened or starts to burn or tingle. Wipe the chest well with cotton dipped in olive oil or castor oil to remove all traces of mustard.