



EYE WASH INSTRUCTIONS

1. Add six to twelve drops of the Eye Regen – Cleaner tincture to a small amount of warm water.* Make sure the water is not too hot to administer to the eye. It should be skin temperature.
2. Pour the prepared eyewash mixture into your eye cup. Lean your head forward and place the edge of the cup against the top and bottom eyelid, covering your eye socket and creating a tight seal.
3. Holding the eye cup in place, tip your head back and allow the liquid to settle over the eye.
4. With the liquid solution covering the eye, roll the eye around in the socket. Lean your head forward to remove the eye cup.
5. Repeat the process for the other eye.

**Do not use tap water. Distilled is best.*

**If you prefer, you can modify step one by adding the tincture to simmering water and let cool for at least 10 minutes. Check the temperature to make sure it is cool enough (skin temp) and continue to step two. This will help to remove some of the alcohol content of the tincture.*

**Use a small amount of water- you do not want to over dilute the tincture.*

This process can be repeated daily, multiple times a day if you choose.

