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Recipe for Ice Bags

- ✓ 1 part (1 bottle) of Rubbing Alcohol
- ✓ 3 parts water
- ✓ Pour into a Large Ziplock Freezer Bag (*you may want to double the bag*).
- ✓ Bleed out the air, close and freeze

Make several bags so you always have a cold one

Application

- ✓ Squish frozen ice bag to make a slush.
- ✓ Place a dry cloth or towel between your skin and ice bag.
- ✓ Never place the ice bag directly on your skin. (*It can cause frostbite!*)
- ✓ Leave in place 10-20 minutes.
- ✓ Ice can be re-applied multiple times. Make sure you allow the skin to return to normal temperature between applications.

- You may also choose to simply wet a washcloth, wring out excess water and seal it inside a ziplock baggie until frozen, instead of this ice bag recipe or frozen veggies.

- This method can also be re-applied multiple times.