



HOW TO WASH USED HOMEOPATHIC REMEDY BOTTLES

The purpose behind proper washing of your bottles is to remove the previous memory and potency of the old homeopathic remedy. This way you can “clear the slate” and reuse the bottle without “re-dosing” yourself with the previous remedy.

CLEAN BOTTLE BY BOILING

1. **OPEN** and **POUR OUT** contents down the drain
2. **SOAK** the bottles and **PEEL** off the labels. If you boil with labels on, ALL of your bottles and stoppers will have residue on them- *ask me how I know!*
3. **PULL APART** stoppers into 3 parts – glass dropper, plastic cap and rubber squeezer part
4. Place the **BOTTLES and glass droppers** in a pot, cover with water and **BOIL for 15 minutes**. Cover pot to reduce evaporation. *Tap water, hard water or water treated with a salt softener may leave a white film/ residue - best to use distilled or filtered water*
5. **ADD** rubber stopper and plastic caps for **last 5 minutes** of boiling for a total of 20 minutes of boiling. Otherwise, they degrade quickly

DRYING

1. **AFTER BOILING**, immediately remove hot bottles using tongs. While not necessary to remove them while hot, **the heat will them dry faster**
2. **TO DRY**, place bottles upside down in a box, basket or colander lined with a towel or paper towels
3. **GATHER** stopper tubes & shake to remove excess water from inside. Place them upright in a cup lined with paper towels to dry, like pencils in a cup!
4. **SQUEEZE WATER** from the rubber tops. Place them all upright onto paper towels to let the remaining moisture drip down.
5. Let them **DRY for 24-48 hours** before reassembling so they will be fully dry
6. **BE CAREFUL TO REASSEMBLE STOPPERS PROPERLY OR THEY’LL LEAK!!**

CLEANING ALL YOUR BOTTLES AT ONCE WILL SAVE YOU A LOT OF TIME IN THE LONG RUN.