

Wrapping/Tying Poultice Bags ESP334 and ESP335

Procedure

1. Lay the bag flat with the string and seam facing upwards.
 2. Place the herbs in the center of the bag.
 3. Fold all sides up and pull the string to secure herbs in the bag.
 4. From the top of the bag, take one string and place it in each hand.
 5. Moving away from you, wrap the string around the bag in a criss-cross motion, leaving $\frac{1}{4}$ to $\frac{1}{2}$ inch of material visible at the top of the bag.
 6. Wrap until there is about 1 inch of string remaining.
 7. Tie a knot at the end of the string to secure the bag.
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