



sea salt soak

TO PREPARE YOUR SOAK, YOU WILL NEED WARM WATER, SOME SEA SALT, A CONTAINER TO MIX IT IN, AND IF NEEDED SOME CLEAN PAPER TOWELS.

by Amy Kate

1 First, make sure to wash your hands, as well as your work space and the container that will be holding the water and salt mixture, so that everything that may come in contact with your piercing is as clean as it can be.

2 Next, mix approximately one cup (8oz) of water with $\frac{1}{4}$ teaspoon of sea salt. If you need more, you can double this. You can either start with pre-warmed water, or you can put this mix into the microwave. Just make sure it's warm, and not hot. We don't want to burn ourselves or cause any extra harm to our piercings.

3 If the container you have is large enough and the body part allows, you can dip your whole piercing into the sea salt mixture, making sure it's entirely submerged. If not, then saturate a paper towel with the mixture, and gently lay it over the entire piercing. If using paper towels, do not rub or scrub at the piercing! Simply press and hold. For this step, don't use any kind of cotton balls or swabs, or anything with small, loose stringy fibers, as they could become wrapped around or stuck in the jewellery.

4 Let your piercing soak for a few minutes, though we recommend no more than 5 minutes. Afterwards, you may gently rinse the piercing, if you wish to remove some of the salt residue. Then, simply let it air dry.

5 A saline bath roughly once a day should be enough, but every body and piercing is different, so make sure to listen to what your body is telling you. If you find your piercing drying out and becoming irritated, lessen the amount of saline baths you do. And as with any new piercing, keep an eye out for any excessive redness or discoloration, swelling, or discharge as these could be signs of infection. If you notice these, please speak with your doctor before continuing use of any aftercare products.
