

## **Instructions for Douching/Washing with Loalsan**

### **Female**

- Place a capful of Loalsan in a quart jar and fill with warm water.
- Place liquid in douche or douche syringe.
- While lying on your back in the tub, douche with the entire quart.
- Start at 3 times per day for three (3) days, then once per day for four (4) days.
- Douche once weekly to prevent reoccurrence.
- If results are not satisfactory let the practitioner know before you taper to once weekly.

### **Male**

- Place a capful of Loalsan in a quart jar and fill with warm water.
- While in the tub or shower, wash with the entire quart.
- Let air dry.
- Start at 3 times per day for three (3) days, then once per day for four (4) days.
- Wash once weekly to prevent reoccurrence.
- If results are not satisfactory let the practitioner know before you taper to once weekly.

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