It is important to use The Best Chilblains treatment as directed below. All users commence treatment at their own risk. It is always recommended to seek professional medical advice when starting a new treatment. Please see our full Terms and Conditions for more information.

Initial Treatment Plan

The treatment process is over 7 days, sometimes a little longer for stubborn chilblains. Should the chilblains clear up quickly it is important to continue the treatment for an additional 2 days. You should feel relief from the symptoms within a few days and usually on the first couple of nights. The initial treatment is best applied at night as this has proven to lead to the best results.

There are 3 easy stages to using this treatment

1. Clean and disinfecting of the affected area.
2. Apply the Best Chilblains treatment.
3. Wrap and cover of affected area for best results.

Items you will need;
1 Cup Warm Water to 1⁄4 Cup Table Salt, Sea Salt or Epsom Salt (the amount of water will need to be enough to soak (preferred), pour or with cotton sponge the affected area)
Glass Bowl
Wooden Spoon
Suitable bandage or covering that will keep Best Chilblains Ointment on the affected area. (Glad or cling wrap plastic is what Cecilia advises as it is effective and common in most households)
Sock or Cotton Bandage (to cover Chilblains area)

Instructions

Just prior to going to bed do the following:

1. In a glass bowl, pour in 1 to 9 cups of warm water. While stirring continuously, add the salt a bit at a time, dissolving completely before adding more at the rate of a 1⁄4 Cup of salt per 1 cup of water. You will need to soak the affected area for 20 minutes in the salted water mixture. It is preferable to soak the affected; otherwise pouring or padding the area continually with the salted water is sufficient.

2. Pat the area dry. (Normally when soaking your hands in a salted solution, you should try to only soak the palms and not the tops of the hands, because the salt soak solution can dry out the skin on the top of
the hand and cause some irritation. Best Chilblains Treatment has excellent moisturizing capabilities which will counteract this for the treatment period, so you can use the ointment on the top of your hands and feet in addition to the affected area after the soaking period should you wish too.

3. Apply the Best Chilblains Treatment ointment to the affected area, and then wrap over the affected area with the covering you have chosen (suitable non absorbing bandage, glad or cling wrap plastic) and then you need to cover this with the sock or bandage well enough so that it will stay on while you sleep.

4. In the morning remove the bandaging and let the area air.

5. Repeat the treatment for several days and your chilblains should be all but gone.

Should you have chilblains in a more difficult area than your hands and feet you will need to be a little creative with the bandaging? It is important to use the plastic under bandaging as this process accelerates the healing process. Keep the affected area once aired covered, warm and dry during the day by wearing footwear, gloves or a light bandage.

**Follow Up Treatment Plan**

After the initial treatments continue using the ointment on the area that is usually affected and now it is okay to use it daily at a time convenient to you. The following years to help prevent the chilblains returning start to use the ointment on the areas usually affected just before the time it usually occurs.

In the unlikely event it looks like it may be returning follow the Initial Treatment plan to ensure it doesn’t return or to get rid of it. As always with any treatment please test the ointment on a small part of unaffected skin for any adverse or allergic reaction prior to commencing the treatment. In addition to this should the affected area become worse or more painful please discontinue use and see a medical practitioner. We have never had any one inform us of this!

**Treatment Content**

The elements that make up the ointment are too many to fit onto the packaging and so are listed here on the treatment sheet. The Best Chilblains Treatment ointment contains the following breakdown of ingredients and elements. These are sourced from naturally occurring sources in the plant, animal and mineral kingdom:

- Vitamin C, Vitamin F, Vitamin D, Vitamin E, Vitamin H, Vitamin K, Vitamin PP, Calcium, Phosphorus, Potassium, Hydroxypalmitate, Iron, Copper, Iodine, Zinc, Sulphur, Sodium, Palmitate, Magnesium, Manganese, Molybdenum, Selenium, Boron, Silica, and Titanium, Eicosapentaenoic acid, Omega 3, Pantothenic acid, Folic Acid, Choline, Inositol, Rutin, Amino Acids, Fatty Acids, Enzymes & Co-Enzymes, Provitamin A, B-1 Thiamin, B-2 Riboflavin, B-3 Nancin, B-5, B-6 Pyridoxine, B-12, Lanolin, Corn Starch, Palmitoleate, and oleate esters, Fish Oil, Docosahexaenoic acid, Lime Essence, Lemon Essence.

A catalyst (which does not alter the molecular structure) is used to combine all of the ingredients which has the effect of creating the Best Chilblains Ointment.

Although we have modernized the production and sourcing of products the recipe is handmade as created in 1944 from 100% Australian providers of Australian produce. We have concentrated the formula to reduce the size of our containers to get the cheapest postage options for our customers; the ointment goes a long
way. It has a soap consistency when opened, by placing your finger on the surface and moving it around your body heat will quickly reduce the ointment to a silky consistency which spreads on easily and thickly. Over time the surface of the ointment may produce a yellow film; this is because some of the surface ingredients have evaporated due to exposure to the elements etc. Keep the product in the dry compartment of your fridge to reduce this. Also should the film form, just break through it the cream will still be good underneath?

Legal Statement

Unfortunately because of the world we now live in it is necessary to have the following agreement and statement for the purchaser and or user of our product. The purchaser and or user commence the treatment and/or use the Best Chilblains Ointment at their own risk. It is a condition to the use of Best Chilblains Ointment and advised treatment, that the purchaser or any user hereby releases, holds harmless, defend and agrees to indemnify the makers and sellers of Best Chilblains Ointment and advised treatment, and the Best Chilblains Treatment Website from and against any all claims, causes of action and damages of any kind resulting from the use of the Best Chilblains Ointment and the treatment, or from the use of or reliance upon any of the information contained or referenced in the Best Chilblains Treatment website or otherwise made available through this website. The website referred to is www.bestchilblainstreatment.com