

Scarring & Blisters from Winter Wellness

Individual reactions to the Winter Wellness application vary and are hard to predict. Factors like melanin level, genetics, age, gender, medications, and overall health can influence whether you scar and how the scar will appear.

Common reactions include:

- Heat, redness, and itching at the application site
- Slight fever or mild flu-like symptoms for ~24 hours
- Blisters (may take up to 72 hours to form)
- Red dots, similar in color to a sunburn, after removing the application

Blisters may vary in size, color, and location. Some points may blister while others remain unaffected. The skin might darken and form a thin scab, which will fall off to reveal pink "baby" skin underneath.

After Care Instructions:

Remove herbal paste paste after 4 hours. Sooner if they're overly hot or itchy.

After removal:

- Wash the area with soap and water; pat dry with a clean towel.
- If blisters form, treat as you would a normal blister:
 - Keep the area clean
 - Do not remove the top layer of skin once fluid releases
 - Cover with a bandage during the day
 - Use Neosporin to prevent infection while healing
 - Avoid burn-cooling ointments

Scar care (if needed):

Use [wheat germ oil](#), [tamanu oil](#), or [Mederma](#) to help reduce discoloration.

