



# DIY SKIN SOOTHING CHICKWEED AND VINEGAR BATH FOR RASHES

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Here's a simple DIY Chickweed and Apple Cider Vinegar bath recipe for soothing itching, redness, irritation, rashes, and more. Whether you suffer from chronic skin rashes or conditions such as eczema or psoriasis— or have minor burns, insect bites, or acne— this soothing and detoxifying bath might be just what your body needs. Read on to learn more, including how to make this simple herbal bath.

## What is Chickweed?

Chickweed, *Stellaria media*, also known as “Starweed” and “Winterweed,” emanates from Europe and Asia but can now be found in many places worldwide. This plant likes to nestle in moist, fertile soils in partially shaded lawns, along wood lines, in fields, gardens, and along roadsides from spring to autumn in the temperate climate of North America.

While many consider Chickweed well... a weed—herbalists, shamans, and alternative practitioners worldwide are more familiar with the long-standing therapeutic uses of this nifty little plant.

Once upon a time, even sailors on stormy seas of old used Chickweed vinegar to evade Scurvy outbreaks when fresh citrus was scarce. This is because of the high vitamin C content in Chickweed.

Chickweed's nutrition composition is similar to that of spinach leaf. Besides being high in vitamin C, Chickweed contains vitamins A, D, B complex, bioflavonoids, calcium, potassium, phosphorus, zinc, manganese, sodium, copper, iron and silica.

## Chickweed for the Skin

Chickweed has a [long history of herbal and culinary uses both internally and externally](#). Nevertheless, this section will focus solely on the benefits of chickweed for the skin.

During an in [vitro](#) study, scientists identified Chickweed as an anti-inflammatory. Furthermore, they determined that Chickweed's anti-inflammatory components are due to the plant's ample antioxidant levels.

Chickweed is known for its cooling and drying effects. It's also an emollient which means it renews and softens skin, making it a popular choice for herbal skin balms and creams.

Chickweed can even be used in a salve form to draw out splinters. Here are some other benefits of chickweed for the skin:

- Soothes minor burns, lesions, wounds & insect bites
- It has a detoxifying or drawing action
- Relieves itching and irritation
- Topical care for eczema, psoriasis, acne & irritated skin

- Helps Alleviates gout
- May Reduce varicose veins
- Soothes hemorrhoids
- Minimizes swelling & inflammation

It's easy to see why Chickweed is the ideal herb to use for this DIY rash soothing bath. Now let us look at the [many uses of Apple Cider Vinegar for the skin](#).

## Apple Cider Vinegar for Skin

People are becoming increasingly aware of the [therapeutic benefits of Apple Cider Vinegar \(ACV\)](#). For example, its antimicrobial, anti-inflammatory, antifungal and contains skin-rejuvenating B vitamins and vitamin E.

The "mother" is a glob of bacteria you can see floating in any organic bottle of ACV. The mother initiates the fermentation process in vinegar. These concentrated enzymes and bacteria give way to the antimicrobial effects of ACV and its homeopathic properties.

Although apple cider vinegar may seem like the newest health fad, but it's not new at all. In fact, [ACV has been used for over 5000 years as a natural remedy for numerous conditions](#), including many skin conditions. In addition, you can find references to the usage of ACV in the bible and the writing of Hippocrates, also known as "the father of medicine."

Apple Cider Vinegar may help balance the skin's PH levels when used topically and nourish a protective antimicrobial layer on the skin to lock in moisture. Its antibacterial and antimicrobial properties may help prevent skin infections, pimples, eczema and other skin conditions.

## DIY Skin Soothing Chickweed & Vinegar Bath for Rashes

Now that you know how helpful these two botanicals can be for skin irritation and rashes, it's time to reveal how to make this super simple Chickweed and Vinegar bath. You can make the bathing solution up ahead of time if you want. The longer your sachet seeps, the stronger your Chickweed bath will be, and feel free to add a couple of drops of essential Chamomile or Lavender oil if you want.

This mixture is good for up to 24-hours in the refrigerator.

### You will need:

- 6 x 6-inch piece of cheesecloth
- 4 Tablespoons dried Chickweed
- 1 cup Apple Cider Vinegar

- 18-inch piece of twine
- Pot of scalding hot water
- Glass pint jar
- Coffee cup

## Instructions

Measure four tablespoons of dried Chickweed into the center of the cheesecloth. Tie a slip knot in one end of the piece of twine. Carefully fold up all four corners of the cheesecloth and slip the knot over the top. Be sure all corners are tucked through the knot before cinching it down. Place the sachet into the coffee cup and cover with the scalding water until it floats (about 1 cup). Let steep for 10-minutes and then pour the concentrated Chickweed tea into the glass pint jar and add 1 cup of Apple Cider Vinegar.

Add the concentrated mixture to your bath and soak for at least 20-minutes. You can tie a slip knot on the other end of the sachet and attach it to your faucet as you run your bathwater.

You can also sponge the Chickweed sachet directly onto any existing skin rashes during your bath.

Be sure to rinse and dry your skin thoroughly with a clean towel when finished.

## Precautions

Chickweed may cause an allergic reaction in some people when used topically. It's best to test a small amount of any herbal preparation on a small area of your skin before proceeding with a full regimen. Chickweed should be avoided by children and pregnant and breastfeeding women due to a lack of evidence on its safety in these populations.

Further, Apple Cider Vinegar may cause skin irritation in some people, especially if it's undiluted. Use caution around wounds, open sores, eyes, and face.

This article is for educational purposes only and should not be confused with medical advice. Please consult your physician before trying any herbal remedies, especially if you are pregnant or nursing or are on prescription medications.

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