

A Guide to Movement Lumps

In the first instance you need to stop moving, rotating and knocking your piercing and make sure you have enough room to accommodate the swelling.

If your piercing still needs a helping hand after limiting movement try the following recipe. This is a natural antiseptic and anti-inflammatory solution which we have found is the best thing to calm and soothe the lump.

You will need:

- X1 mug of very warm water (cooled water from the kettle is best)
- X1 teaspoon of rock or sea salt
- X1 chamomile tea bag
- X3 drops of pure tea tree oil
- X3 drops of pure lavender oil

Mix these ingredients together thoroughly and let them steep for a few minutes, then remove the tea bag and use it as a compress over your piercing. Repeat this a few times a week along with your daily cleaning routine.

If your piercing is in a difficult area and you cannot use the tea bag as a compress, pour the solution into a spray bottle and spritz the piercing as you would when cleaning.

