Adapted from: “Bleaching *Aiptasia”* protocol from Gilmore Lab

Supplies:

-Menthol (<https://www.sigmaaldrich.com/catalog/product/sial/m2772?lang=en&region=US>)

* Make a 20% mass/volume Menthol dissolved in Ethanol solution. This is your stock solution.
* Make a **menthol/sea water solution** in whatever container you will bleach your corals. This should be 0.58mM Menthol in sea water (i.e. 68 uL of 20% Menthol solution in 150mL sea water)

1. Make menthol/sea water solution, place coral in dish with the solution along with a bubbler. Allow the coral to sit in the *dark* for 24 hours.
2. After 24 hours, make a new menthol/sea water solution and transfer coral into new solution.
3. Repeat for ~7 days (takes longer for corals than it does for *Aiptasia*), keeping the corals in the dark throughout.

Note: feeding corals during this process also seems to help. However, they should be fed in normal sea water and not in menthol/sea water solution. The menthol makes the tentacles too relaxed.