

## **GENERAL HYDROTHERAPY**

End your shower with a cool water spray, starting with the extremities and finishing with the low back, for 15-30 seconds to return blood flow to your internal organs.

## **ALTERNATING HOT/COLD HEATING COMPRESS FOR SINUSES**

This hydrotherapy treatment can be applied to any area of the body to move the lymphatic system. This handout is for acute or chronic sinusitis and is an essential component to successful treatment. Alternatively to using face cloths or towels, this can be done in the shower.

Materials needed for application to the sinuses:

1. 2 face cloths
2. hot water
3. cold water

Procedure:

1. Soak one face cloth in **HOT** water. Wring it out so the water is not dripping. Place the face cloth over your nose and eyes and leave for **3 minutes**.
2. Have the second face cloth soaking in **COLD** water. Wring it out and place over the same area for **30 seconds**.
3. Repeat this 2 more times. **Three times in all. Hot for 3 minutes and cold for 30 seconds**. The entire procedure will take 10 minutes and 30 seconds once you have everything organized.

Frequency:

1. For severe and acute problems, do it morning and evening
2. For less severe and maintenance, once a day