

# Home Hydrotherapy

Symptoms	Treatments
1) Sore Throat -----	Heating Neck Compress / Gargle Salt Water
2) Headache -----	Hot Foot Bath
3) Cough/Chest Cold -----	Warm Bath / Contrast Shower / Body Compress
4) Body Aches -----	Warm Bath / Contrast Shower / Hot Foot Bath
5) Sinus Congestion -----	Steam Inhalation
6) Bronchitis/Pneumonia -----	Contrast Shower / Body Compress
7) Sprained Ankle -----	1st day: (ice) then afterward (Contrast Bath to that leg)
8) Detox/Withdrawals -----	Home Russian Steam Bath/Sauna

## Treatments

- 1) **Contrast Bath** – Let's say we are trying to speed up the process of healing a sprained ankle. To do this treatment we will put the sprained foot in hot water (102 degrees if diabetic) for 2-3 minutes and then afterward in the cold/icy water for 30 seconds. Do this for 3-5 changes. This treatment is easiest done on the extremities of the body.
- 2) **Steam Inhalation** – You can do this treatment several ways. The general idea is to breath in a lot of steam to help loosen up the sinuses. It usually brings about great results. You can do this treatment with a pot of boiling water, tea kettle that is steaming or anything else that produces steam. If you are using a covered pot with boiling water or a steaming tea kettle you can put a towel or sheet over your head (may use an umbrella to help keep the sheet up) and around the pot or steaming tea kettle. Open the lid of the covered pot, and breathe in the warm steam. May add Peppermint, Eucalyptus, or Similar Oils.
- 3) **Heating Neck Compress** – You need to have 1 thin piece of cloth and some clear wrap with both being small enough to wrap around the neck once or twice. Then you need another thicker/bigger piece of material like wool or a scarf that will be able to be wrapped around the neck. Dampen the first, thinner piece of cloth with cold water and wrap it around the neck once or twice. Then wrap the neck with the clear wrap. Afterward, take the other dry piece of material and wrap that around the neck and pin it. Sleep with this neck compress overnight, it will warm up and help with a sore throat.
- 4) **Heating Body Compress** – You need to have 1 sleeveless cotton shirt and a trash bag large enough to cover the whole torso. You also need a thick warm sweater that can completely cover the torso. Cut out a hole on the bottom of the trash bag that will be large enough for the person's head to go through. On each side of the bag, cut out a hole large enough for the person's arms to go through. Now dampen the cotton shirt with cold water and wring out well. Have the person put on the damp shirt making sure it is covering the whole torso and is on bare skin. Nothing is to be worn under the shirt. Now put the trash bag over the person's head, have them insert their arms, and tie the bag around their waist. Afterwards, have the person put on the thick warm sweater making sure it completely covers the trash bag. The person is to sleep with this body compress overnight, it will warm up and help with respiratory conditions.
- 5) **Hot Foot Bath** – Put feet in hot water (102 degrees Fahrenheit if diabetic otherwise (104) or as tolerated). Cover person and around bucket with blanket or sheet to keep the heat in. Then apply a cold compress to the head. To make a cold compress just use a hand towel or small towel and soak in cold ice water and apply to head. You can do this treatment up to 20-30 minutes. Every couple of minutes offer water to drink as well as add some hot water to the hot water bucket and re wet and cool the cold compress

on the head to keep it cold. End the treatment by having the person hold their feet over the hot water bucket and pouring the cold ice water over their feet. Dry their feet thoroughly and have them rinse off with a lukewarm shower and then rest for 20-30 minutes.

- 6) **Home Russian Steam Bath** – In order to do this treatment you need something to make steam. The easiest way may be to use a hot pad with a tea kettle. Have the person sit on a chair that will not get too hot from the steam. Put the person’s feet in a bucket half full with hot water (102 degrees for diabetics). Cover person with either blanket or a special plastic drape that will cover the person and keep the steam in. Place the hot pad with the steaming tea kettle on top under the chair where the person is sitting. Make sure the spout of the tea kettle is pointing away from the person’s legs and toward the back of the chair; this will protect the person’s legs from getting too much direct steam heat. Also get some cold/ice water in a basin and soak a hand cloth or small towel in it and then wring it out and place it on the head. Make sure to change the cold compress to the head every couple of minutes to keep the person’s head cool. Also add hot water to the hot foot bath to keep it at the desired temperature. The goal of this treatment is to get the person to sweat. This treatment can be an excellent detox.