

Home Hydrotherapy Treatment

Hydrotherapy has been used by Naturopathic Doctors clinically for over 75 years as a means to enhance immunity, improve nutrition and circulation, promote detoxification, and restore nervous equilibrium.¹ It is especially effective when administered by a professional in a medical setting with added electrotherapy but can also be done by the patient in the privacy of their own home as described below.

Standard Treatment

Materials needed:

- Warm bedding/blankets
- Bed or other comfortable place to lie down
- 5 Towels (medium sized)
- Access to hot and cold water

You can perform this procedure on yourself but we recommend having someone to administer the towels for you to allow you to relax as much as possible.

Undress from the waist up and lie down face up with enough bedding/blankets to keep warm. Some soft relaxing music is fine but we recommend minimal stimulation. Do not watch TV.

Place 2 warm towels over the chest and abdomen from the clavicle (collar bone) to the waist. One dry towel can then be placed over these wet towels to keep the bedding from getting wet. You should then be wrapped up well in the blankets to assure you are good and warm. Leave **warm** towels on for **5 minutes**.

Remove the warm towels and apply one cold towel in its place. Replace the dry towel over the cold wet towel and wrap back up in blankets. Again, it is important to use enough blankets to assure warmth throughout the treatment, especially during the cold towel phase. Leave **cold** towel on for **10 minutes**.

The same procedure is then repeated on the back, this time face down. 5 minutes hot, 10 minutes cold. Relaxation is the key, feel free to fall asleep.

Warming Socks

This therapy is done overnight and is a nice option for children who can have a difficult time staying still and relaxed for the 30-40 minutes it takes to do the standard treatment.

Materials needed:

- 1 pair cotton socks
- 1 pair thick wool socks

First, warm up the feet very well by placing them in warm water. Then soak the cotton socks in cool water and then wring them out so that they are damp. Put cotton socks on the already warm feet. Then put the dry wool socks on over the wet cotton socks and go to sleep for the night with both pairs of socks on. The dry wool socks should protect the bedding from getting wet.

In the morning the cotton socks should be dry as the body's circulation has been working all night long to warm and dry the socks.

References

1. Boyle Wade, Saine Andre "Lectures in Naturopathic Hydrotherapy." *Eclectic Medical Publications*, 1995