

OCEAN PARK NATURAL THERAPIES



Contrast Hydrotherapy

Definition: The application of alternating hot and cold water

You will need:

- 2 large bowls or buckets
- Hot and cold water; to tolerance
- Dry towel for end of treatment
- A comfortable place to sit for 20 minutes

Procedure:

- Soak the towel in the hot water and strain the towel and apply to the indicated area. After 3 minutes remove the hot towel and have the cold towel ready which has been soaked and strained. Apply the cold towel to the indicated area for 1 minute. Do the cycle for a total of 4 times.

E.g.

- 3 minutes HOT → up to 1 minute COLD
- 3 minutes HOT → up to 1 minute COLD
- 3 minutes HOT → up to 1 minute COLD
- 3 minutes HOT → up to 1 minute COLD

Note: If the affected area is a limb an alternative is to immerse the affected limb alternating hot and cold..

Uses:

- Poor circulation in the arms and legs
- Headaches
- Insomnia
- Fatigue
- Injuries
- Detoxification

Contraindications:

- High blood pressure
- Weak or debilitating condition
- Acute injuries; bruising → wait 24 hours
- Peripheral vascular disease
- Malignancies
- Hemophilia, post-acute trauma (when bleeding may not be controlled)
- Use of medications; especially those that affect blood vessel tone