

Constitutional Hydrotherapy

This treatment helps invigorate organ function, improves general circulation, supports immune function, and optimizes overall metabolism and detoxification. It also supports the balance of the autonomic nervous system, promoting the “rest and digest” parasympathetic response, which improves digestion and reduces stress.

Indications

By boosting overall vitality, constitutional hydrotherapy can be used in almost any acute or chronic condition. It is especially useful in problems of the digestive tract, respiratory issues, infectious diseases such as colds and flus, female reproductive problems, circulatory problems, arthritis, diabetes, and others.

Precautions

Take care with extremely weak persons, those with severe illness, acute asthma attacks, acute bladder infections, or diminished temperature sensation of the skin. If a person has very low body temperature, perform the heating portion of the treatment for longer. *Ensure that the person does not get chilled; if they become chilled at any point in the treatment, add more blankets to achieve more warmth.*

Materials

- 3 thin towels (hand or kitchen towels work well)
- 1 dry towel (kitchen towel size or larger)
- 1 sheet
- Blankets
- Hot and cold water
- Dishwashing gloves (to keep hands from getting burned from hot water)

Instructions (with a helper)

- Spread the blankets on a bed or other comfortable surface, arranging them so they can be pulled over the person. Spread the sheet on top of the blankets. The person being treated should **lie on their back**, unclothed from the hips up.

- Wet **2 towels in hot water** (using gloves) and wring them out thoroughly, then place them on the person's chest and abdomen. Place the dry towel over the warm towels and wrap the sheet and blankets around the person tightly to hold in the heat. Rest for **5 minutes**. (See the first image below.)
- Wet **1 towel in cold water** and wring out. Unwrap the person, remove the hot towels, and lay the cold towel on the chest and abdomen. Cover again with the sheet and blankets.
- Rest for a minimum of **10 minutes**, or until the previously cold towel is warm to the touch.
- Have the person **flip onto their stomach and repeat the procedure**. Begin with 5 minutes of hot towels, followed by a cold towel for 10 minutes. (See the second image below.)

Instructions (solo)

- Prepare a resting spot with **blankets** and a **sheet**, as above.
- Prepare a **cold towel** by wetting it with cold water and wringing it out.
- Wet **2 towels in hot water** and wring them out. Wrap them around the entire torso, front and back, chest and abdomen. (See the third image below.)
- Lie down on the sheet, wrapping the sheet and blankets tightly around yourself. Rest for **5 minutes**.
- Alternately, take a hot bath or shower until you feel quite warm.
- Remove the warm towels, or finish the shower or bath. Wrap the cold towel around the entire torso, then lie down, wrapping the sheet and blankets around yourself.
- Rest quietly for a minimum of **10 minutes**, or until the previously cold towel has become warm.

