



“Quickie” Self Hydrotherapy

If one is alone, the following modification should be used:

Take a hot bath or shower for five minutes.

Get out and dry quickly. Take a towel wrung out in cold water and wrap it all around the trunk of the body, from the armpits to the groin.

Cover with a wool blanket to avoid chill. Leave the cold towel in place for at least 20 minutes or longer until it is warmed.

