

hydrotherapy

# Hydrotherapy: Water Treatments Made Simple

This handout is a companion bonus supplement to the training DVD:

“Hydrotherapy: Water Treatments Made Simple”

For information on how you can obtain  
your DVD copy, go to:  
[www.AriseandShineHealth.com](http://www.AriseandShineHealth.com) or  
[www.MrHydrotherapy.com](http://www.MrHydrotherapy.com)

This handout *may be* copied in its *entirety*  
for personal use. It *may not* be copied for  
commercial distribution or sale.

---

Although hydrotherapy can be used as an effective method for regaining health, it should be understood that disease does not come without a cause. The law of cause and effect should be considered in the treatment of illness. Determining which health laws have been abused so corrections can be made. Using the simple \*NEWSTART® acronym is a helpful summary of the eight laws of health and will aid in determining the cause of most illnesses.

**Nutrition**  
**Exercise**  
**Water**  
**Sunshine**  
**Temperance**  
**Air**  
**Rest**  
**Trust in God**

\* NEWSTART® is trademarked by Weimar Center of Health and Education, Weimar, CA

## Table of Contents

Hydrotherapy History	4
Introduction to Hydrotherapy	5
Cold Mitten Friction	13
Cold Tub Bath	14
Contrast Shower	15
Contrast Treatment	16
Fomentations	17
Heating Compress	20
Hot Foot Bath	21
Hot Tub Bath	23
Ice Massage	25
Ice Pack	26
Neutral Tub Bath	27
Steam Bath	28
Steam Inhalation	30
Wet Sheet Pack	31

Likely the most successful uses of hydrotherapy in the United States were applied by Dr. John Harvey Kellogg and his staff at the turn of the century. His extensive medical research and application of his findings launched him into a practice that gave him world notoriety with the likes of European royalty and American celebrities coming to his 900 bed sanitarium for treatment.

## HYDROTHERAPY HISTORY

In Rational Hydrotherapy, Kellogg's 1200 page epic, he states:

“Water is without doubt the most ancient of all remedial agents for disease. This fact is evidenced by the frequent reference to its use in the earliest medical literature, as well as by the habits and customs of the most ancient peoples as brought to light more fully within recent years by the study of the old Assyrian and Egyptian records. The reason for this is clearly to be found in the fact that water is a means not only usually found readily at hand, but one which adapts itself to almost every imaginable pathological condition in a remarkable manner, thus approaching more nearly to a panacea than any other known remedy. No other agent is capable of producing so great a variety of physiological effects, no other is so universally present, and hence none is so readily adaptable for meeting the various exigencies and indications arising from accident and disease.

“The ancient Egyptians, Hebrews, Greeks, Persians, and Hindus all employed water in the treatment of disease, as do the representatives of these peoples at the present time.

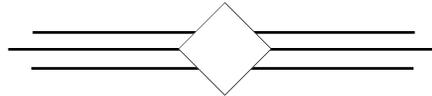
“Among the Spartans of ancient Greece cold bathing was made obligatory by law. The bath in various forms is also frequently referred to in Grecian mythology.

“Hippocrates evidently had an excellent understanding of the physiological properties of water, both hot and cold, which he employed in the treatment of fevers, ulcers, hemorrhages, and a variety of maladies both medical and surgical, giving many directions for its use which the experience of two thousands years has not improved upon...

# hydrotherapy

“During the middle ages the Arabic physicians, the most learned men of their time, were enthusiastic advocates of the bath, especially in fevers, and their directions for the treatment of smallpox and measles could scarcely be improved upon at the present time...”

Although his statement was made nearly a century ago, the timeless fact remains that hydrotherapy, when given the opportunity, can be one of the most effective healing tools available in our modern age.



## INTRODUCTION TO HYDROTHERAPY

The American College Dictionary defines hydrotherapy as: HYDRO = Water, THERAPY = Cure. In other words - “The treatment of disease by means of water.”

### Why Use Water?

- Inexpensive
- Easy to apply
- No side effects
- Ideal for heat transfer
- Versatile - solid, liquid, & vapor
- Non-toxic & safe
- Found nearly everywhere
- Effective in combating disease

### General Effects of Hot & Cold

Alternating HOT and COLD speeds the body's healing ability by increasing NUTRIENTS, RED BLOOD CELLS / OXYGEN, and WHITE BLOOD CELLS, to diseased areas.

**HOT**

- ↑ Blood Volume & Vessel Size
- ↑ White / Red Blood Cell
- ↑ Nervous System Responses
- ↑ Pulse and Respiration
- ↑ Perspiration

---

**COLD**

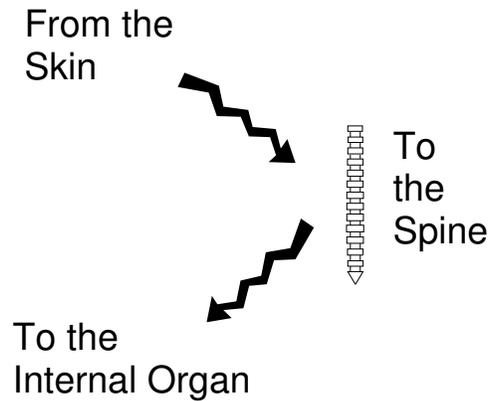
- ↓ Blood Volume & Vessel Size
- ↓ Congestion of Affected Area
- ↓ Muscle Action
- ↓ Pulse and Respiration
- ↓ Pain

### Where Healing Begins

"The skin is intimately related to the central nervous system through millions of nerve endings of the skin. It is primarily through the skin that hydrotherapy produces its powerful physiologic actions." Journal of the AMA

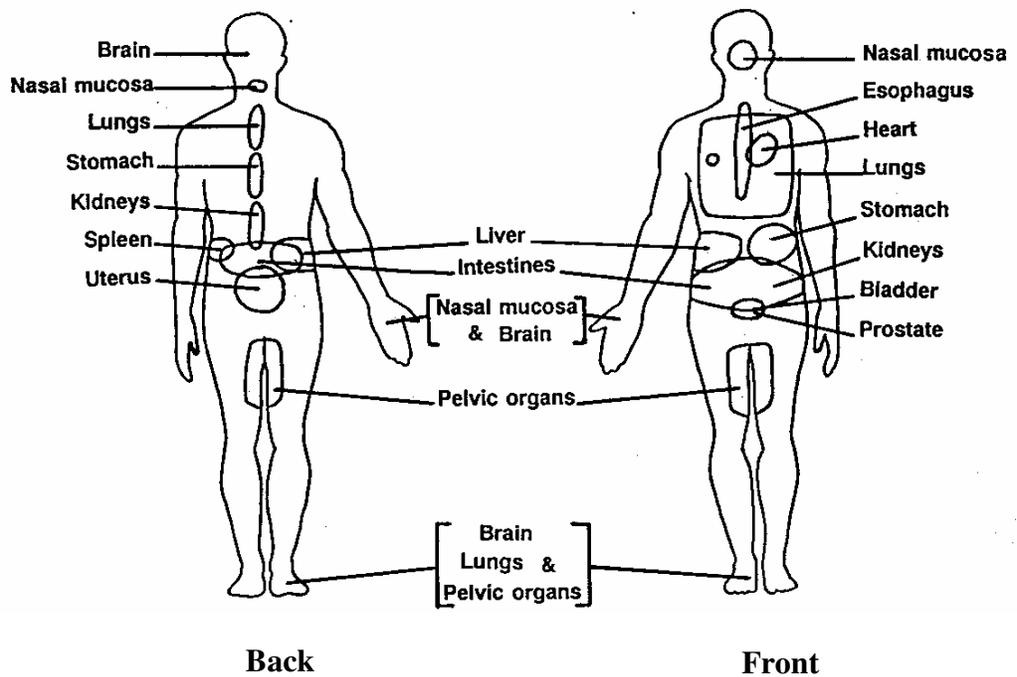
#### Reflex Arc

The physical makeup of water lends itself to producing a reflex action from the skin to underlying vessels and organs by transferring heat to the body, (hot application), or away from the body, (cold application). The pathway through which a nerve impulse travels to produce a reflex action is called the reflex arc.



#### Reflex areas of the skin

Below are known reflex areas of the skin. A general knowledge of these areas will be helpful in giving a patient the best possible care.



# hydrotherapy

## Rules of Thumb

The following are helpful tips that generally apply to all treatments.

- ❖ Establish cause of illness if possible, (review NEWSTART)
- ❖ Treat illness aggressively from the first sign of symptoms
- ❖ Always use common sense when using simple remedies
- ❖ Never over-step your comfort zone in treating an illness
- ❖ Always use consistent communication with patient
- ❖ Never treat beyond the tolerance of the patient
- ❖ Be aware and in tune with body symptoms and changes
- ❖ Use caution when applying treatments to patients with nerve or circulation impairment
- ❖ Use caution when using hot or cold applications on infants and the elderly
- ❖ If you don't know what treatment to do, do a Hot Foot Bath
- ❖ End heating treatments with cool or cold application
- ❖ Always assure that a complete reaction has occurred
- ❖ Clean/disinfect equipment before and after each treatment

## Previous Proper Planning

Use the following guidelines for a safe and successful treatment.

### The Room:

1. Proper temperature, (75° to 80°)
2. Free of drafts, (no open doors/windows near treatment area)
3. No bright light in patient's eyes, (use bedside lamp if possible)
4. Protect furniture, rugs, and bedding from dampness
5. Cleanup when you have finished

### The Treatment:

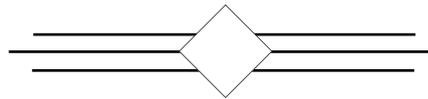
1. Think and plan ahead
2. Assemble all necessary articles before starting
3. Stay within calling distance of the patient.
4. Don't be too talkative
5. Observe the effects of the treatment
6. Make your changes quickly
7. Pick up as you work. Keep area neat
8. Be economical of time and linen

### The Patient:

1. Explain procedures & communicate often
2. Must be warm before starting a cold treatment
3. No unnecessary exposure (only part being treated).

**The Patient :** (Cont'd.)

4. Should be comfortable at all times.
5. Keep patient warm.
6. Keep patient's head cool
7. Dry thoroughly (feet, toes, under arms, etc.)
8. Treatment reaction should be complete
9. Allow for post treatment rest

**Signs of Serious Illness:**

A serious illness often has *one or more* of the following signs and symptoms. Remember, never attempt to treat someone if symptoms are beyond your ability to handle - seek help.

- Severe pain
- Inability to talk
- Convulsions
- Rapidly worsening condition
- High fever (over 103° F.)
- Low body temperature, (below 97° F.)
- Prolonged chilling, (feeling cold with or without shivering)
- Extreme sleepiness or even coma
- Frequent fainting or any loss of consciousness
- Marked weakness or prostration, (unable to sit or stand up)
- Severe persistent vomiting or diarrhea, (more than 6-8 times/day )
- Wheezing or very difficult breathing
- Weakness or paralysis of face, arms or legs
- Pain in heart area, (with or without associated radiating pain)
- Coughing or vomiting of blood
- Prolonged or heavy menstrual bleeding
- Blood in the urine or stool, (red blood in stool; or black stool)
- Painful urination
- A growing lump or mass

## FINDING ANSWERS

### Questions about Illness:

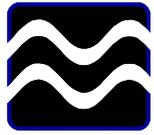
When you are seeking professional help, think ahead about the answers to these questions:

- ✓ When did the symptom begin?
- ✓ How severe is the symptom?
- ✓ Does it come and go with increasing severity?
- ✓ Is the symptom localized or generalized?
- ✓ Does the symptom radiate outward from a central point?
- ✓ What time of day are the symptoms most prominent?
- ✓ What makes the symptom get worse and/or better?
- ✓ What has the person done to seek relief?
- ✓ Is the symptom related to any body function, such as eating, sleeping, menstrual cycle, bowel or bladder excretions?

“Many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it ... There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments.”

Ministry of Healing pg.167

This Page Intentionally Left Blank



hydrotherapy

# Treatment Outlines

---

IMPORTANT

These hydrotherapy treatments are not intended to prescribe or take the place of a healthcare professional. These outlines are for personal educational purposes only.  
Use at your own risk.

---

## COLD MITTEN FRICTION

### Definition:

A *Cold Mitten Friction* is vigorous rubbing of the skin with a wet, cold cloth to stimulate skin circulation and healthy nerve response.

### When to Use:

- Following a warm treatment
- To increase circulation
- To increase immune system activity
- To increase neuromuscular tone
- To increase digestive function
- For nervous exhaustion
- For general weakness
- For depression

### Equipment:

- ☑ 2 Terry cloth mittens (or hand towel)
- ☑ 2-3 Bath towels
- ☑ Basin with cold water

### Steps to Follow: (Full Body CMF)

- 1) Soak mitts briefly in ice water
- 2) Use a sheet for cover
- 3) Expose only area to be treated
- 4) Place towel under body part being treated
- 5) Wring excess water out of mitts
- 6) Use vigorous friction on uncovered body area
- 7) Dry area thoroughly and re-drape
- 8) Move to next area to be treated
- 9) Cover patient for warmth at completion of treatment
- 10) Have patient rest

## cautions & considerations

- Assure patient warmth before beginning the treatment
- Make changes quickly to prevent chilling
- A healthy reaction will leave skin pink with no chilling
- Allow a minimum of 30 minutes for post-treatment rest

## COLD TUB BATH

### Definition:

For a *Cold Tub Bath*, the warmed patient is placed in a cool tub of water that is between 70° and 80° F for a brief time, while they vigorously rub their body with cloth mitts.

### When to Use:

- Increases circulating white blood cells
- Stimulates general circulation

### Equipment:

- Hot foot bath items or other heating treatment
- Bath tub
- Water thermometer (Optional)
- Cloth mittens or wash cloth
- Towel
- Warm clothing and bed

### Steps to Follow:

- 1) Give patient a heating treatment to assure warmth
- 2) Fill bath tub with cool water (70° to 80° F)
- 3) Help patient into bath tub
- 4) Have the patient vigorously rub their body with mitts or wash cloth
- 5) Continue this for 1-3 minutes, according to patient's tolerance
- 6) Help patient out of the tub and dry off
- 7) Dress warm and get into warmed bed for 1-2 hours of rest

## cautions & considerations

- Treatment should not be given to a debilitated or elderly patient that cannot produce body heat
- Treatment should not be given if patient has severe heart disease, or diabetes
- Assure patient warmth before and after treatment

## CONTRAST SHOWER

### Definition:

The *Contrast Shower* is an alternating hot and cold shower at specified intervals to increase circulation and nerve stimulation.

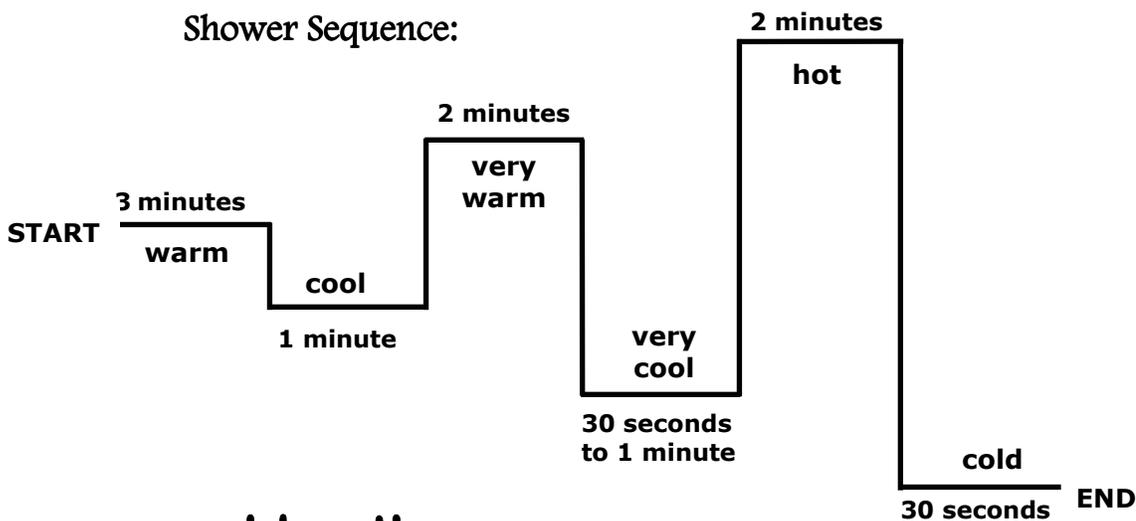
### When to Use:

- For impaired circulation
- Onset of an acute illness
- To relieve organ congestion
- To increase white / red cell activity

### Equipment:

- Shower
- Towel

### Shower Sequence:



## cautions & considerations

- Not recommended for very ill patients, elderly or small children
- Use consistent communication to determine patient's tolerance
- This treatment can be stressful on nerves and heart
- Apply mild treatment to vascular diseases
- Only treat to tolerance!
- Time: 2-3 minutes hot; 30 seconds to 1 minute cold
- End with cold

## CONTRAST TREATMENT

### Definition:

The *Contrast Treatment* consists of immersion of any body part in alternating hot and cold water to dilate and constrict blood vessels. This decreases local congestion, and increases immune response, and waste elimination.

### When to Use:

- Impaired circulation
- Arthritis
- Edema
- Headaches (*congestion or stress*)
- Infections
- Strains & sprains (begin 24 hours after injury)

### Equipment:

- Two containers (size determined by body part to be treated)
- Drape - sheet or towel
- Drying towel
- Pitcher
- Hot and cold water
- Ice
- Water thermometer (optional)

### Steps to Follow:

- 1) Fill one container with hot, and one with cold water
- 2) Begin in hot water (102° F) for 3 minutes
- 3) Shift to cold water (60° to 70° F) for 30-60 seconds
- 4) Increase hot water temperature each sequence
- 5) Decrease cold water temperature each sequence
- 6) Alternate changes 3 to 5 times, ending with cold
- 7) Dry thoroughly

## cautions & considerations

- Not recommended over malignancies
- Water should not exceed 110° F
- For vascular disease or impaired nerve sensation should not be >104° or <60° F
- Add hot water with caution; do not pour directly on feet
- For rheumatoid arthritis may end with hot

## FOMENTATIONS

### Definition:

The *Fomentation Treatment* is an application of moist heat by means of a fomentation pad (or fomie) to a body part.

Fomentation Pad: For best results, the pad should be 50% wool for heat retention and 50% cotton for moisture retention. A thick cotton towel or a Thermophore<sup>®</sup>, (moist heating pad), can also be effectively used when a fomentation pad is not available.

### When to Use:

- Local congestion or infection
- Sleeplessness or nervousness
- Muscle tension or spasm
- Joint or nerve pain
- To warm tissue for massage or cold treatment
- Increase circulation and promote healing

### Equipment:

- ☑ 2-4 Fomentation pads or Thermophore
- ☑ 4 to 6 Bath Towels
- ☑ 2 Friction mittens or hand towel
- ☑ Wash cloth
- ☑ Plastic shopping bag
- ☑ Basin of ice water and foot bath container (Optional)
- ☑ Sheet or blanket
- ☑ Microwave oven (See below for alternate heating methods.)

### Steps to Follow:

- 1) Heat fomies; (see "Fomentation Heating Methods")
- 2) Place hot fomie in bed
- 3) Put hot foot bath in place on towel
- 4) Cover patient for warmth and modesty
- 5) Wrap heated fomie in cover (dry towel)
- 6) Apply fomentation to body part (chest)
- 7) Apply a cold compress to the forehead;
- 8) Leave fomie on 3 to 5 minutes, (to avoid burns - run hand under the fomentation over skin and/or add more towels)
- 9) Give a Cold Mitten Friction, (CMF), between changes and dry
- 10) Make 3 to 5 changes; check foot bath temp
- 11) Treatment can be finished with a full body CMF
- 12) Dry patient thoroughly

Steps to Follow—continued

- 13) Assure patient warmth after treatment
- 14) Allow 45 minutes to 1 hour for rest

### **Fomentation Alternative Heating Methods**

#### **Microwave Method:**

- 1) Soak fomie in warm water and ring out excess water. (If treating just the chest or just the back, 2 fomies will be adequate. If both the chest and back are being treated simultaneously, 3 fomies will be needed)
- 2) Loosely roll fomies and place each one in a plastic shopping or garbage bag
- 3) Place fomie in microwave for 3-4 minutes on high
- 4) For reheating fomies for subsequent changes, 2-3 minutes is usually adequate to reach desired heat

#### **Oven Method:**

- 1) Prepare 3-4 fomies as above;
- 2) Wrap each one in aluminum foil instead of plastic bag
- 2) Heat in oven on a cookie sheet at 300° F for 50-60 minutes

#### **Canning Kettle Method:**

- 1) Prepare 3-4 fomies as above; do not wrap;
- 2) Pour warm water into canning kettle so water is below top of steam rack
- 3) Roll fomies loosely and put on top of the steam rack
- 4) Steam fomies for 20-30 minutes

#### **Boiling Water Method:**

- 1) Boil water in large kettle
- 2) Fold large towel in half lengthwise
- 3) Holding towel by the ends, immerse center portion in hot water
- 4) Remove excess water by twisting from the dry ends
- 5) Wring until drip-free
- 6) Wrap the moist towel in a dry towel

*Cautions & Considerations on next page*



## HEATING COMPRESS

### Definition:

A *Heating Compress* is an application of a cold compress on a body area, (such as the throat, chest, or joint), which causes the body to react by producing mild, moist heat in the local area. This increases circulation in the local area, and brings in white blood cells and other healing elements.

### When to use:

- Throat compress
  - 1. Sore throat
  - 2. Tonsillitis
  - 3. Laryngitis
- Chest compress
  - 1. Chest cold
  - 2. Pneumonia
  - 3. Coughing
  - 3. Asthma
- Joint compress
  - 1. Painful and/or inflamed joints
- Abdominal compress
  - 1. Slow digestion
  - 2. Constipation
  - 3. Colic

### Equipment:

- Thin cotton cloth large enough to wrap area 1 1/2 times (inner cover)
- Wool flannel cloth large enough to wrap area 2 times (outer cover)
- Safety pins or Velcro

### Steps to Follow:

- 1) Immerse cotton cloth in cold water; wring out excess water
- 2) Mold compress to area to be treated
- 3) Wrap snugly with wool
- 4) Pin or Velcro into place
- 5) Leave on several hours or overnight
- 6) Remove & rub with cold damp cloth and dry thoroughly

## & considerations

- Do not use on infants
- Use dry heating compress if patient is unable to warm it up; do not wet cotton cloth; continue as above
- Assure patient warmth before starting the treatment
- Cotton should not be wet enough to drip
- Outer cover should be larger than inner cloth
- Wrap snugly, but not too tight

cautions &

## HOT FOOT BATH

### Definition:

The *Hot Foot Bath* consists of immersion of the feet, in hot water, (100° to 104° F) for 15-20 minutes to increase and equalize blood circulation throughout the body. The Hot Foot Bath is one of the best overall body decongestants.

### When to Use:

- To warm body
- To enhance other treatments
- To assist in prevention of illness
- To aid in relaxation
- To help stop a nose bleed
- To relieve congested areas such as the:
  - Head (headache, nasal congestion)
  - Lungs (cold, asthma, bronchitis)
  - Pelvic organs (menstrual cramps)

### Equipment:

- Container large enough for feet with water covering ankles
- Pitcher
- 2 Towels
- Washcloth
- Cold water in small pan
- Double sheet and/or blanket
- Water thermometer (optional)

### Steps to Follow:

- 1) Put water in large container (start at about 100° F)
- 2) Assist placing feet in water (should be above ankles)
- 3) Drape both patient and container with sheet/blanket
- 4) Add hot water as needed to increase temperature as tolerated
- 5) Continue treatment 15 to 20 minutes
- 6) Keep head cool with cold washcloth
- 7) Complete with cold or ice water over feet
- 8) Dry feet thoroughly
- 9) Allow 30 minute rest period

*Cautions & Considerations on next page*



## HOT TUB BATH

### Definition:

A *Hot Tub Bath* is given with water temperatures in the range of "hot" (100° to 104° F) to "very hot" (above 104° F) covering as much of the body as possible

### When to Use:

- To increase perspiration
- To elevate body temperature
- To increase immune response
- To increase blood circulation
- To decrease organ congestion
- To decrease stiffness, pain, and fatigue

### Equipment:

- Bath tub
- Wash cloth
- Hand towel
- Bath towels
- Basin of ice water
- Quart of water to drink
- Double/queen flat sheet
- Plastic sheet
- Water & oral thermometers

### Steps to Follow:

1. Fill tub to desired temperature, (about 100° - 105° F)
2. While tub is filling:
  - a. Place ice basin, towel, sheet & drinking water next to tub
  - b. Place plastic sheet in patient's bed
3. Allow patient to settle into tub slowly; add water to increase temp as tolerated
4. Keep head cool with cold wash cloth on head or neck; change frequently
5. Have patient drink water liberally throughout treatment
6. Check pulse; if >100, put ice bag to heart or stop treatment
7. Duration: 20 to 30 minutes as tolerated
8. At time of completion: (may cool down if needed)
  - a. Assist patient from tub, (be aware of possible dizziness)
  - b. Have patient dry and wrap in sheet
9. Put patient to bed for 1 hour or more, (drink water before rest)
10. Take a shower after the rest period

*Cautions & Considerations on next page*



## ICE MASSAGE

### Definition:

An *Ice Massage* is a local application of an ice bar, over the skin of a body part for the purpose of numbing an injured or painful area.

### When to Use:

- Soft tissue injuries
- Acute or chronic neck and/or back pain
- Painful muscles, (sprains/strains, inflammation)

### Equipment:

- 4 hand towels
- Washcloth or mitt
- Ice cubes or water frozen in a 6-8 oz paper or Styrofoam cup

### Steps to Follow:

- 1) Explain procedure to patient
- 2) Surround area to be treated with towels to catch drips
- 3) Peel off paper of cup to expose ice, or use mitt to hold ice
- 4) Inform patient before initial contact
- 5) Rub ice in a circular motion
- 6) Keep ice moving at all times
- 7) See sequence of rest timing between massage times
- 8) Dry patient thoroughly
- 9) Immobilize treated area until returns to normal temperature

### Suggested time:

- a. 5 minutes of ice massage
- b. 5 minutes rest
- c. 5 minutes of ice massage
- d. 20 minute rest
- e. Increase time for larger areas
- f. Decrease time for smaller areas

### Possible stages of treatment:

- #1. Cold - uncomfortable
- #2. Burning sensation
- #3. Aching
- #4. Relative numbness

## & considerations

cautions

- Insure patient warmth before and during treatment
- Keep bedding and clothing dry
- Do not rub ice on a bony prominence
- Do not apply ice massage if area is very sensitive to cold

## ICE PACK

**Definition:**

The *Ice Pack* is a local application of cold, (ice bag), over a body part for the relief of pain and swelling.

**When to Use:**

- For pain relief
- To prevent swelling
- To reduce bleeding
- To reduce nerve response (numb)
- For joint discomfort
- For acute sprains or strains

**Equipment:**

- Ice bag or ziplock bag
- Hand or bath towel, (depends on size of area to be treated)
- Pillow case
- Safety pins (optional)
- Crushed ice or ice cubes

**Steps to Follow:**

- 1) Place crushed ice in bag
- 2) Place bag in pillow case
- 3) Mold ice pack on skin over affected area
- 4) Cover pack with a towel
- 5) Leave ice on for maximum of 20 minutes every 1 1/2 hours
- 6) Repeat the treatment as needed
- 7) Immobilize damaged area during healing

## cautions & considerations

- Do not use on areas with poor circulation
- Not recommended for elderly or infants
- Assure patient warmth before & during treatment
- Ice pack should be larger than affected area
- Carefully watch skin reaction to avoid tissue damage
- Do not let treated area get wet
- Maximum application time of 20 minutes per 1 1/2 hours
- If area does not numb, objective may not be accomplished

## NEUTRAL TUB BATH

### Definition:

For the *Neutral Tub Bath* the patient is placed in a tub of water between 95° and 100° F (as close to body temperature as possible).

### When to Use:

- To calm and sedate nervous system
- To relieve anxiety
- To relax whole body
- To help aid sleep

### Equipment:

- Bath tub
- Water thermometer (optional)
- Pillow or other items to aid patient comfort
- Towel

### Steps to Follow:

- 1) Make sure bath room is neutrally warm
- 2) Fill tub with water between 95° and 100° F (as close to body temperature as possible)
- 3) Help patient into tub; have as much of their body submerged as possible
- 4) Use pillow or whatever is needed to maintain comfort of patient
- 5) Have patient remain in tub 15 minutes to several hours as needed
- 6) Add more warm water as needed to maintain desired temperature
- 7) Help patient out of tub and gently pat dry to avoid nerve stimulation
- 8) Help patient into bed to rest for at least one hour

## cautions & considerations

- Have as few distractions and stimuli as possible during the treatment
- Maintain water temperature to neutral

## STEAM BATH

### Definition:

A full body *Steam Bath* raises the body temperature by having the patient sit on a plastic, (non-metal), chair in a tent filled with steam. The tent is made by covering the chair and patient with a sheet and plastic.

### When to Use:

- To produce sweating
- To fight off illness
- To increase metabolism
- To increase body temperature - stimulates immune system
- To increase low blood pressure
- Preparation for cold treatment

### Equipment:

- ☑ Electric skillet **or** hot plate and tea kettle
- ☑ Plastic or old wooden chair (non-metal)
- ☑ 3 large bath towels
- ☑ Flat double/queen sheet
- ☑ Large plastic cover (shower curtain)
- ☑ Hot foot bath equipment, (optional)
- ☑ Wash cloth & pan with cold water
- ☑ Ice bag in a pillow case

### Steps to Follow:

- 1) Place non-metal chair on non-carpeted floor
- 2) Put skillet under chair toward back, (fill with water & turn on)
- 3) Drape chair with towels over back and seat down to floor
- 4) Seat patient and put feet in hot foot bath
- 5) Place towel around shoulders and neck
- 6) Drape sheet & plastic around patient, (chair and foot bucket)
- 7) Keep head cool with cold compress to head or neck
- 8) Check pulse frequently, (at neck)
- 9) Place ice bag in pillow case and over heart if >100 bpm
- 10) Duration (once steaming: Tonic - 6 to 10 min.,  
Sedative - 15 to 20 min.
- 11) End with a cleansing shower and at least a 1 hour rest

*Cautions & Considerations on next page*



## Steam Inhalation

### Definition:

*Steam Inhalation* consists of breathing in water vapor from gently boiling water. It can be breathed in through either the nose or mouth.

### When to Use:

- To reduce upper respiratory congestion
- To relieve dry or irritated upper respiratory membranes
- To relieve coughing
- To ease difficult breathing such as in croup or asthma
- To loosen thick, dry upper respiratory secretions

### Equipment:

- ☑ Source of steam, (example: steam vaporizer or electric skillet)
- ☑ Towel
- ☑ Sheet (for bed tent)
- ☑ Umbrella (for bed tent)
- ☑ Eucalyptus oil or cut pine needles in water (Optional)

### Steps to Follow:

- 1) Gently boil water just enough to make light steam rise
- 2) Add eucalyptus oil, cut up pine needles as natural medication
- 3) Drape towel over head; lean over the steam source—far enough above so unheated air can get under the towel
- 4) For bed patient make a steam tent by draping a sheet over an umbrella over patient
- 5) Breathe slowly and deeply as tolerated
- 6) Periodically remove the towel to get unheated air
- 7) Continue as tolerated for 15-30 minutes
- 8) Dry face well
- 9) Rest for half an hour

## & considerations

- Treatment should not be given to small children or elderly if they do not tolerate heat well
- Make sure steam is not concentrated to one area to avoid burning
- Make sure plenty of fresh air is available by leaving one side of the tent open
- Only inhale steam to patient's tolerance and pleasure

cautions



