

## Contrast Hydrotherapy

### Equipment Needed:

- Towels, hot and cold water

### Indications:

Contrast hydrotherapy helps to stimulate the immune system, increase circulation, increase metabolism, preventative for colds & flu's, and is relaxing.

### Procedure:

1. Hot towel to chest/back for 3-5 minutes.
2. Cold towel to chest/back for 30 seconds.
3. Repeat alternating cycle for 3-5 times, always ending on cold.
4. The greater the contrast in water temperature the greater the reaction and benefit you will attain.
5. The overall response will be warming and energizing.



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