

HOT BATH CONTRAST THERAPY

- 1. Prepare your bed**
Make your bed “ready to go” with four extra layers of blankets, while filling your bathtub. Place a dry towel over your pillow. Place two huge bath towels near the bathtub for your use later.
- 2. Take a warm bath (a little warmer than usual)**
Fill the bath $\frac{3}{4}$ full with warm water. Adjust the temperature by adding hot water to fill the bathtub making the temperature a little warmer than usual. Do what you normally do to complete your bath. Feel free to gradually add hot water to raise the bath water temperature.
- 3. Continually immerse your head in the water**
Soak and soak and soak - the time is not the element here. Soak until you reach your tolerance state. This can be described as “I just got to get out of the water” feeling. It is a state of discomfort. This phrase is a very important one, so remain there for five minutes beyond “comfortable” for therapeutic purposes.
- 4. Get out of the bathtub**
Have a towel on the floor and pad your feet dry (just your feet). Do not dry the rest of your body. Leave your entire body, head and hair fully wet.
- 5. Leave the warm bathroom**
Briskly go to a cool place and get chilled - remain wet. Go to a cool basement or air-conditioned room or one with a fan. Chill yourself for 2-3 minutes. If you find yourself shivering, this is a good sign.
- 6. Go back to the bathroom and into the bath tub**
Raise the water temperature to keep it high but tolerant level. Continually immerse your head in the water. Stay in the bathtub until you reach that level of “discomfort” referred to previously. Follow the same instructions then get out of the bathtub.
- 7. Get out of the bathtub**
Do not dry off, remain wet and pad your feet dry again. Go to a cool place and chill again for 2-3 minutes as before.
- 8. Immerse your head in the water**
Soak and soak and soak until you reach your tolerance state. Remain there five minutes beyond comfortable as before.
- 9. Get out of bathtub (stay in the bathroom). No chills needed!**
Get out of the bathtub and quickly towel dry with two huge bath towels. (The goal is not to get chilled) take no more than two minutes to towel dry. You will leave the bathroom wearing both towels to get avoid getting chilled and your hair will be slightly damp.
- 10. Go to the bedroom-remove the towels and get into bed without any clothes on.**
You may feel drowsy so feel free to sleep. This is intended. Enjoy the rest.

Repeat this process 3-4 times per day.