

Running **Hot** + Cold Hydrotherapy!

It's **EASY** to do...and **SO** good for you.

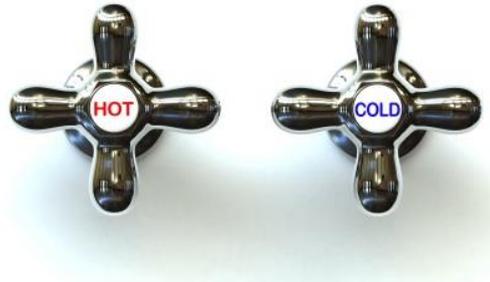
Here's a simple **WHY** + "How To"

There are many different types of hydrotherapy ~ various types of warm soothing baths, saunas, colonics, and simple hot and cold showers, to name a few.

THE BASICS:

Hot water relaxes us, helping to reduce stress.

Cold water helps to relieve inflammation and stimulates the removal of toxins via the lymphatic system & the skin.



We can give our circulatory system a big boost by taking hot and cold showers. The result is invigorating and offers a long list of benefits. We can use hot and cold showers to "wake up" totally, in the morning and/or we can choose an evening ritual to encourage an *extreme sleep!*

Wouldn't you love to have an inexpensive easy way to relieve pain, improve your circulation, feel more energetic and revitalize your health?

WHY is it important?

The practice of 'contrast showers hydrotherapy' produces strong results. Our skin is connected through both the nervous & circulatory systems to every organ in the body.

When we change the temperature of the skin with hot or cold water, nerves will be stimulated or sedated and affect specific body organs or entire body systems.

The 'magic' that is OUR BODY relies on a finely tuned process. We need optimum circulation to be able to digest + assimilate our food to adequately nourish ourselves. We need 'movement' as opposed to 'stagnation'. If nutrients are 'on the go' in our body, we feel better. It has been said that we are as strong as our weakest cells.

It's finally SPRING ~ a time for renewal.

THE perfect time to embrace this energizing NEW habit!

HYDROTHERAPY:

- Calms and relaxes the body
- Reduces muscle tension or pains on the body
- Can help increase ability to deal with stressful situation
- Promotes digestion.
- Improves bowel movement
- Supports & stimulates the circulatory system
- Can increase circulation, which helps with 'extremity' health (arms, legs)
- Supports the lymphatic system
- Contracts the muscles which encourages lymphatic system to increase elimination of toxins
- Boosts the immune system
- Strengthens the mucus membranes which protects against hay-fever, allergies, cots and coughs
- Can help to reduce blood pressure
- Strengthens the parasympathetic and sympathetic nervous systems
- Helps remove cellulite
- Promotes shiny hair
- Helps soothe sunburn

After reading this list, don't you want to DIVE in?

To Start

Buy a shower filter, which removes chlorine from your water supply. These are fairly common in local hardware stores. **IMPORTANT ~ because you want to use the highest quality water possible.**

We can optimize the entire experience by waking up the skin with what's known as 'dry brushing. It's not essential, but if you choose to do it beforehand, you'll understand why I recommend it!

DRY-BRUSHING

Start out with a dry brushing session. I use a stiff bristle brush like [one of these](#), available here or at your local pharmacy. Start with lower body and brush towards the heart. Brush until the skin is warm and rosy, always brushing upwards. The skin should feel 'tingling', exhilarating ~ not painful. This can be a one-minute process or up to 10 minutes.



Then.....It's:

HOT-Cold-HOT-Cold-HOT-Cold!!!!

We want to spend 5-10 minutes in this process.

HERE's HOW:

1. Turn on the water to a warm temperature and step into the shower. Be comfortable.
2. Slowly increase the temperature to a point that you can hardly 'stand it'. Allow the water to reach all parts of your body, including your face/head. Stay in the hot water for 30 seconds to a minute.
3. Turn the water temperature down to the coldest tolerable setting. Ensure that all of your body feels this cold water for about 30 seconds.

4. Turn the water back to 'hot' again and try to make it a little hotter than previous. Try to stay in this 'hot phase' for longer, perhaps an additional minute.
5. Repeat this process a few times. Ideally, for the optimum hydrotherapy experience ~ Stay in the 'hot phase' 3-5 minutes followed by 30-40 second under the cold water. Make sure the temperatures are as hot and as cold as you can manage!

ALWAYS BEGIN WITH HOT WATER + FINISH WITH COLD WATER

Hot and cold shower therapy benefits the lymphatic system since lymph vessels contract when exposed to cold, and relax in response to heat. The heart pumps our blood; both our cardiovascular and our circulatory system rely on this pumping action to power the body. The lymphatic system, having no 'pump', relies on movement, on exercise for example. In the morning, hot & cold showers can invigorate the body by stimulating the lymph which also elevates the immune system's function. In the evenings, this same program, can relax and soothe the body after a busy day.

HYDROTHERAPY – HOT & COLD ~

TRY this ONE SMALL CHANGE to improve your health!!

More of a 'bathing beauty' than a shower gal?

The benefits are huge for the shower therapy, however some of us prefer soaking in a warm bath to invigorate or relax. Healing baths are a perfect Spring ritual ~ provided we choose pure ingredients and leave those chemical-laden 'spa' products alone.

DETOX BATHS

Choose chlorine-free water if possible. The best water comes out of a filter if you have added chlorine or fluoride in your water.

Soothing, cleansing, detoxing baths are a simple way to relax body + mind and 'wind down' from a busy life.

Epsom Salts? Not just for gardeners or after a gym workout.

NOTE: Re-set your body clock when changing time zones with Epsom salts!

Check out this post about the [healing powers of Epsom Salts](#).

BASIC HEALING BATH

Soaking in Epsom Salts literally helps to raise your Magnesium level. This very important mineral helps to relax your muscles; combats hypertension and supports heart health.



Add 2 cups of Epsom Salts to a warm tub of water. Enjoy 15-20 minutes, topping up with warm water when necessary.

Soothing Scented Detox BATH

2 cups Epsom salts

1/2 cup baking soda (aluminum free if possible)

10 drops lavender essential oil (optional)

Enjoy the added benefits of soothing baking soda and the scent of pure Lavender essential oil

The ritual of bathing has been a part of 'life' for centuries. There are lots of super easy ideas ~ all slightly different.

Check out www.studiobotanica.com for some fabulous HERBAL BATH IDEAS in the next month. CLICK **"follow"** at the very bottom of our home page to make sure you receive all of these great recipes.

The SKY is the LIMIT –

Endless combinations of healing baths await you.