



# HYDROTHERAPY

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*Dr. Louise Rose ND, Rose Cabinet Medicine*





ISAK DINESEN

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*“The cure for  
anything is salt  
water-  
tears, sweat, and the  
sea.”*





# EUROPEAN ROOTS

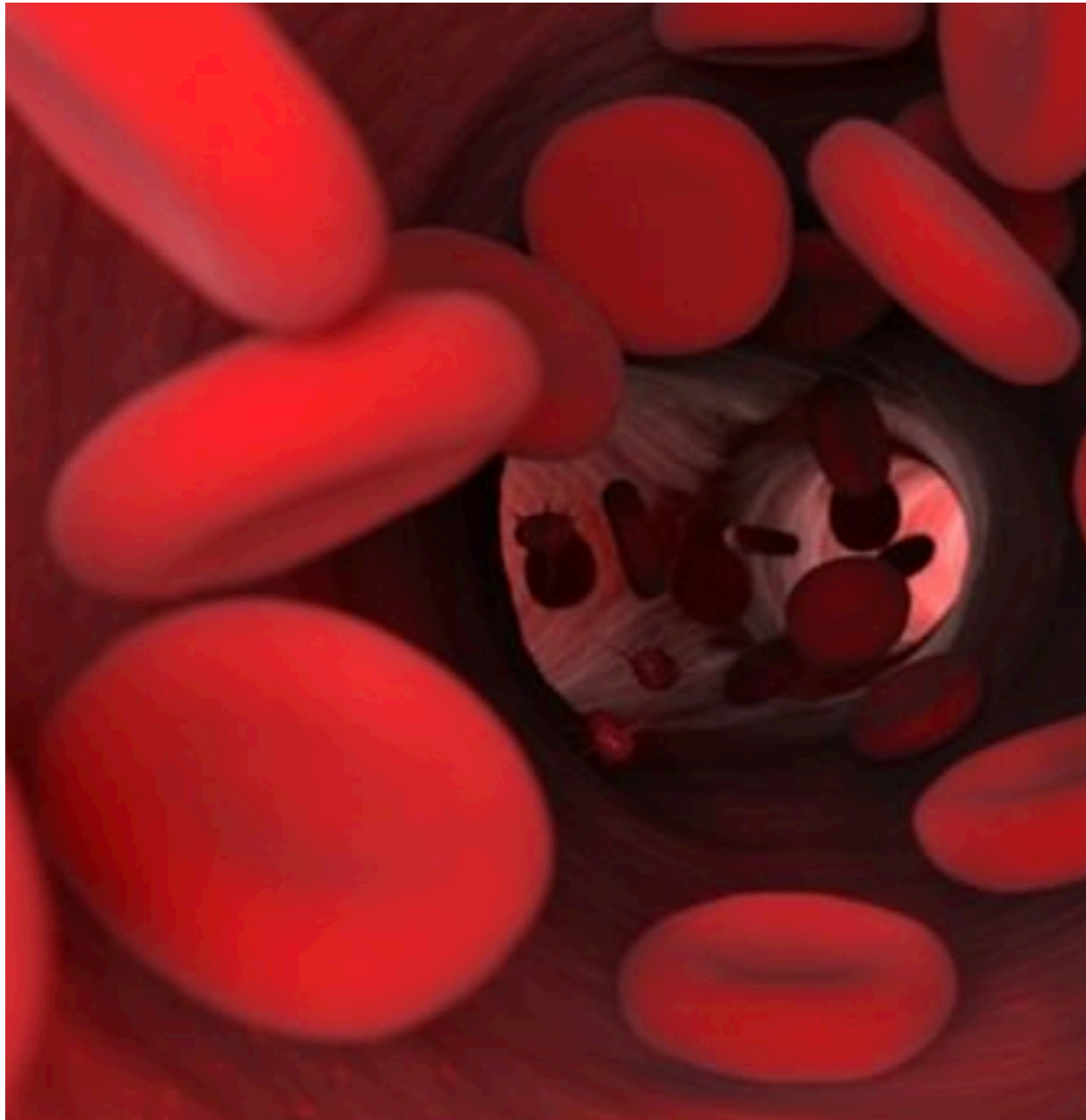
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- European Spa Culture
- Taking the Waters
- Hydrotherapy came to America around 1830
- Roots of Naturopathic Medicine



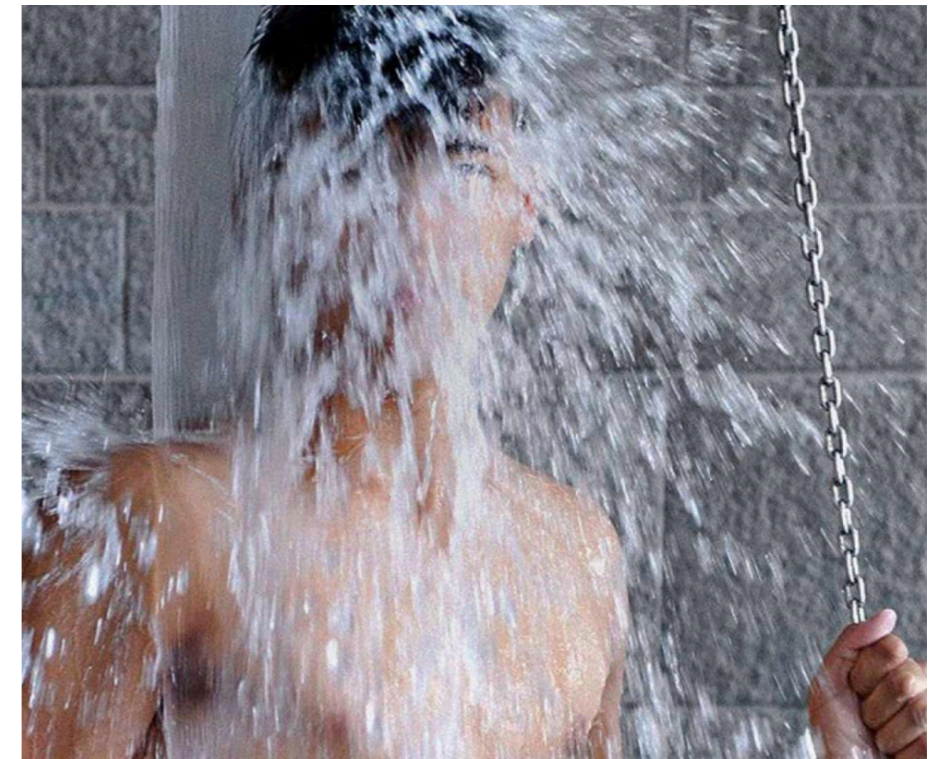
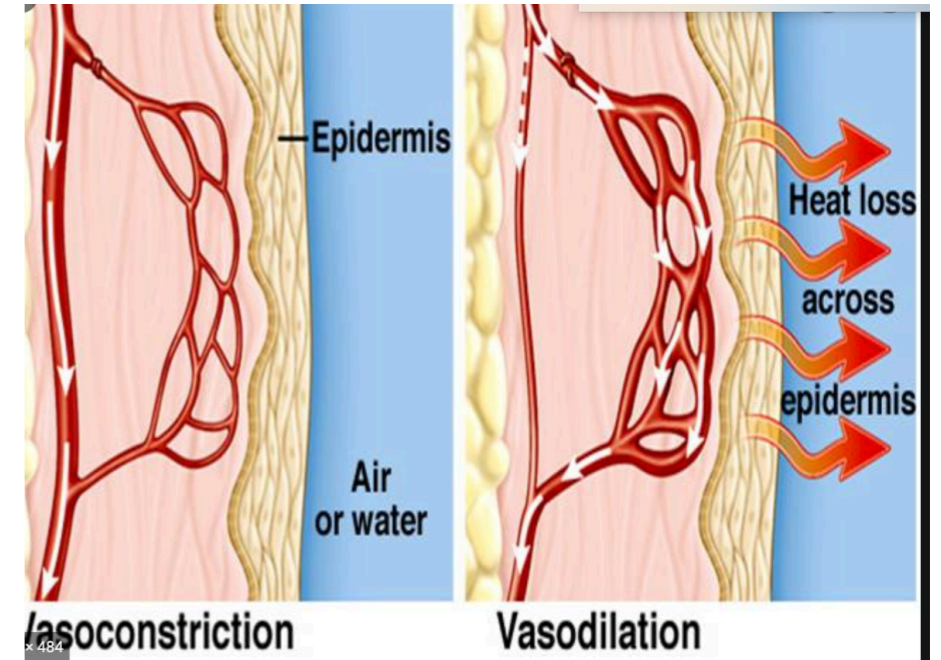
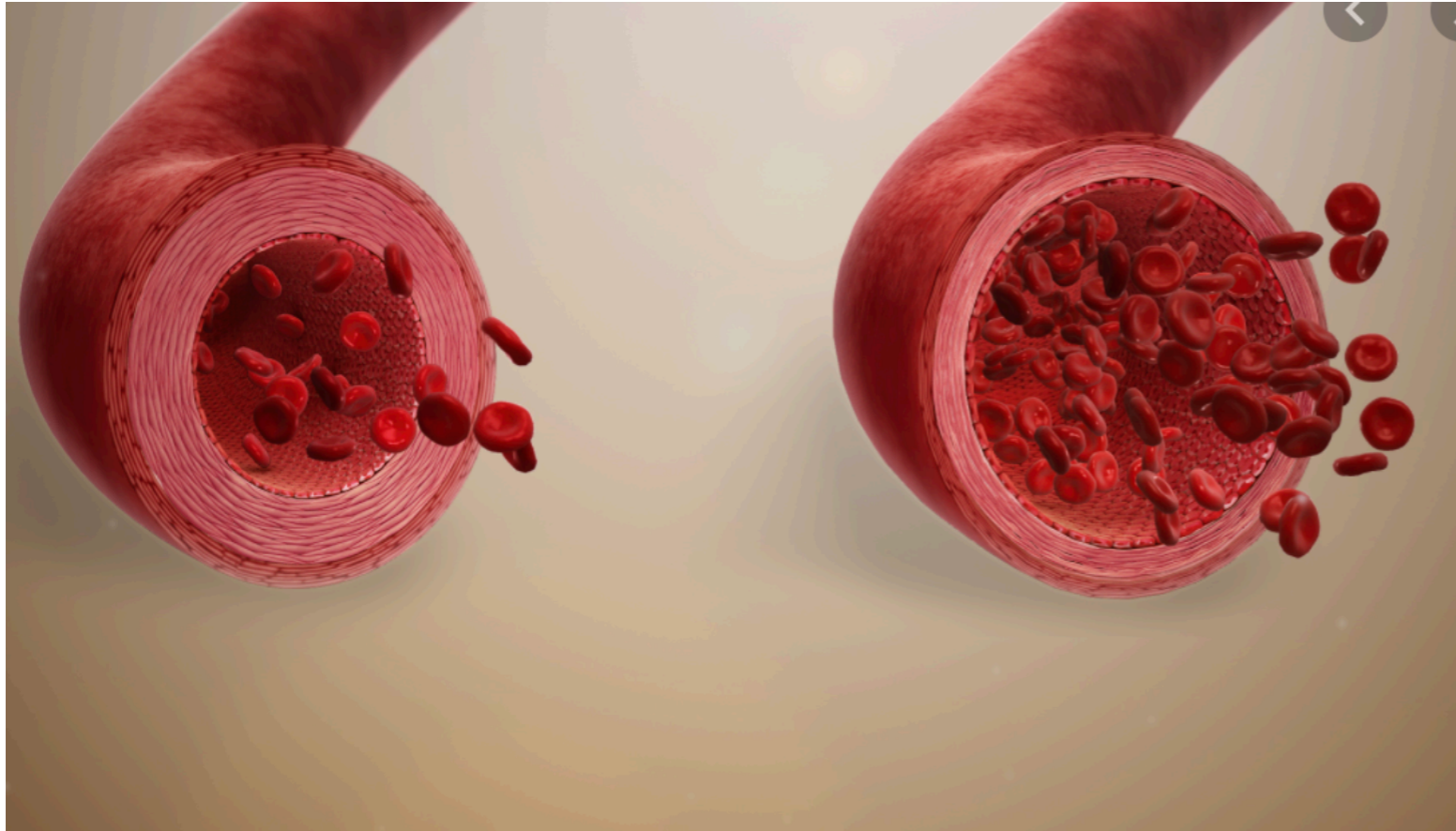
## MOVING BLOOD AND LYMPH

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- *“Our job is to make over the blood. Until we do, we’re just spinning our wheels”*
- Harold Dick





*Vasodilation vs vasoconstriction*



# HYDROTHERAPY PROTOCOLS

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- End shower with cold
- Steam inhalation
- Castor Oil Pack
- Warming Socks Treatment
- Warming Tee Shirt Treatment
- Sauna, bath, steam, dry skin brushing, salt glow, peat mud, constitutional hydrotherapy, wet sheet wrap...





# CASTOR OIL PACK

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1

Relax in your sweats



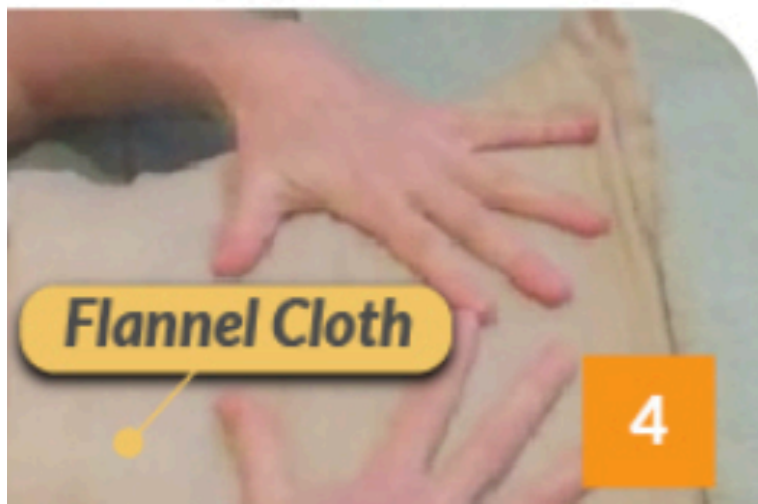
2

Pour a little Castor Oil on your belly



3

Massage in a clockwise direction



Flannel Cloth

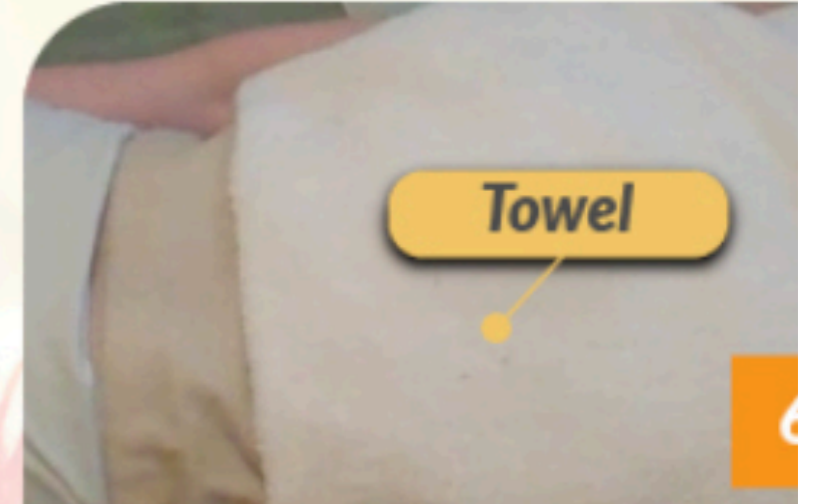
4

Place saturated flannel cloth on belly



5

Place hot water bottle on flannel cloth



Towel

6

Place towel over hot water bottle

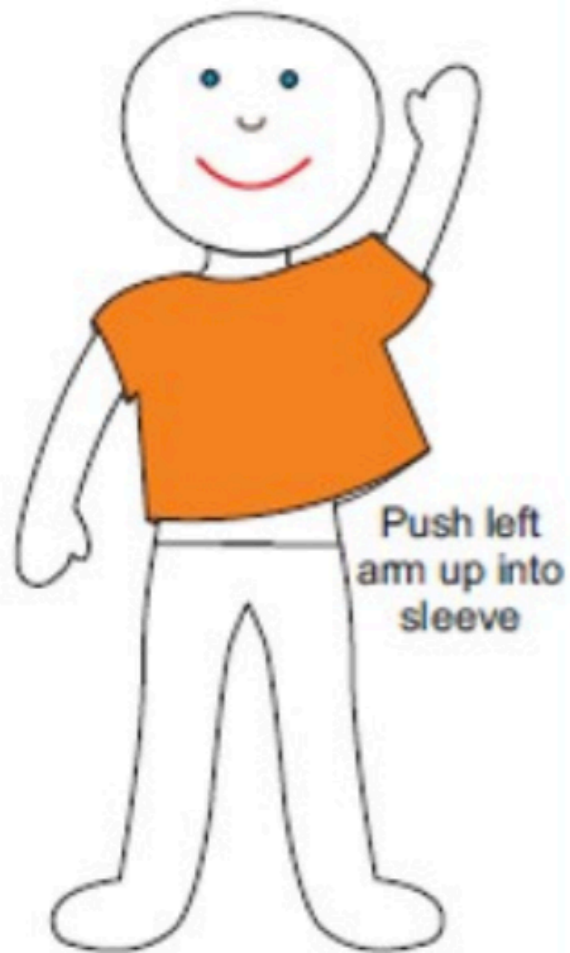
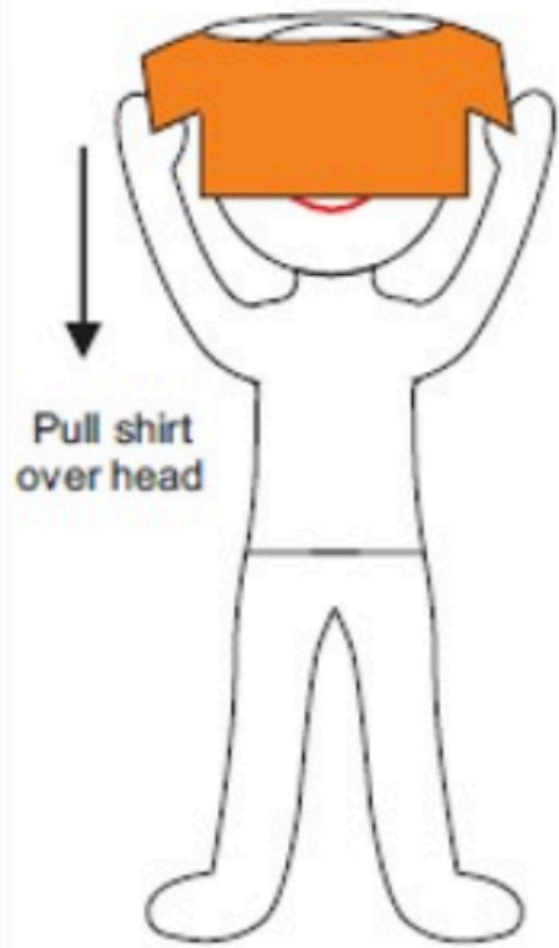


# WARMING SOCKS TREATMENT

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- Warm your feet first in a foot bath
- While your feet are warming, thin cotton socks in cold water
- Take your feet out of the foot bath, apply essential oil to feet (ie on guard, thyme, eucalyptus)
- Wring out the wet socks and put them on your warm feet
- Immediately cover with dry wool (or acrylic) socks
- Get in bed. Stay warm. Go to sleep.
- In the morning your socks will be dry





## WARMING TEE SHIRT

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- Take a nice long hot shower or bath
- Tee shirt is in cold water
- Get out of the bath, wring out wet tee shirt and put it on
- Put on a wool or acrylic sweater
- Go to bed



# Symphony of Cells







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