



**Nirala Jacobi ND**  
Naturopathic Physician (USA)

151 Boundary Road  
Bardon QLD 4065  
Tel. 07 3368 1300  
www.niralajacobi.com  
nirala@niralajacobi.com  
ABN 54 854861 821

*total health  
for busy people*

## Contrast Hydrotherapy

This is an excellent treatment for sports injuries, sore joints and other musculoskeletal issues, as well as sinusitis and areas of local inflammation.

Three minutes hot/30 seconds cold- repeat 3 times always ending with cold.

This treatment takes about 10-15 minutes to complete. For best results, repeat twice daily

### Equipment:

3 Hand Towels – 1 each for cold and hot water (large enough to cover area with 1-2 thicknesses of towel) and 1 dry towel to wrap around the wet hot towel.

- Kettle to heat water
- Two Basins - could be two sinks, buckets, foot-bath pails, large bowls etc...
- Clock or timer

### Set Up:

1. Prepare one basin with hot water as hot as you can stand it and place one of the hand towels into it. You may need to have extra hot water to add to basin during treatment, so have kettle prepared with hot water.
2. Prepare second basin with cold water and add at least one tray of ice cubes to it. Place hand towel into the cold water.

### Directions:

1. Take hand towel from hot basin, wring it out, and place it on (or wrap around) the affected area for three minutes. Cover with dry hand towel. Set timer for three minutes.
2. After three minutes remove hot towel, wring out cold towel and place on affected area for 30 seconds.
3. Remove cold towel after 30 seconds. This is one cycle.
4. Repeat cycle two more times.
5. Three full cycles is one treatment. Always end with cold.

After third cycle, wipe dry. You have completed a full treatment