

Naturopathic Hydrotherapy



Water therapy or hydrotherapy is a natural remedy across cultures. The Japanese have the Onsen, water births are promoted as natural labour pain support used in many cultures and hydrotherapy is a well evidenced physiotherapy technique for injury recovery and strength building. Water has many therapeutic benefits, and it can be used in versatile ways. To become a therapy Water can be brewed into a herbal tea, exercised in, bathed in or applied as part of a compress. Adding nutrients, salts, essential oils and herbs and alternating the temperature can also add to the waters benefit as a healing agent.

The effects of hot water: Warm and hot water act to increase blood flow to the muscles and peripheries, reduce muscle tension and help promote sweating which is one of the body's best ways of fighting and preventing infections and promote a relaxing sleep.

The effects of cold water: Whilst harder to love, short bursts of cold water are known to stimulate the immune system and the metabolism. Combining hot and cold showers or soaks can reduce stagnation in the lymphatic system. Cold water is also anti-inflammatory. The key with cold water is always the dose or exposure time. Less is often more!

How to use hydrotherapy in practical healing ways:

- At home Onsen: Fill the bath with very hot water (as hot as you can bare to soak in). Soak for 5 min and then hop under the cold water tap of the shower for 1 min. continue to alternate for up to 30 min.

- Shower steam or pot steam: great for the sinus's, adding 1-2 drops of essential oils such as eucalyptus, peppermint or rosemary to the shower recess and breathing in the shower steam. Or add the same oils into a pot of boiled water, cover your head with a tea-towel and pop your face over the steam and inhale. *ensure it is turned off!

- Hand or foot soak: This can be as simple as having one bucket of hot water and one of cold and plunging hands or feet into each one. 5min hot: 1 min cold. Adding specific herbs can really ramp up the effect.

- Others include: Plunge pool or natural water plunge, Swim in the Sea, Epsom salt bath, Aquarobics