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CONTRAST SHOWER

Purpose:

Contrast showers help to stimulate the immune system, increase circulation and increase metabolism Contrast treatments can also help to normalize cold hands and feet.

Precautions:

Start with a mild temperature difference, and build up to a greater extreme in temperature slowly. The greater the extreme between hot and cold, the more effective the treatment will be.

Procedure:

1. Hot shower on entire body for 1-2 minutes.
2. Cold water on entire body for 15 seconds.
3. Repeat alternating cycles 3-5 times, always ending on cold.
4. The overall response should be warming and invigorating.