RUSSIAN STEAM BATH

An amazing treatment when given with tender love and care. A heating procedure that assists the body in the elimination of toxins and doubles the white blood count

Uses:

1. Increase white blood cell activity 13. Fatigue
2. Boost the immune system 14. Tension & anxiety
3. Assist the body in fighting infection 15. Shingles
4. Onset of colds or flu 16. Lymes’ disease
5. Increase blood pressure 17. Hypertension – short duration
6. Detoxification/elimination 18. Diabetes – short duration
7. Depression 19. Insomnia
8. Menopausal symptoms 20. To stimulate body functions
9. Arthritis 21. Relaxation
10. Cancer 22. Hypothyroidism
11. Autoimmune diseases (**Exception: MS)** 23. Increase body temperature & metabolism
12. Muscle & joint pain

Items Needed:

1. Tea kettle & hot plate
2. Plastic or wooden chair
3. Plastic sheeting or shower curtain
4. 1 Blanket
5. Hot foot bath (5 gal bucket or container ½ full with 103° water to start, then warm up to 106-110°, depending on tolerance to heat)
6. Cold compress (small container with cold water & 2 medium-sized towels)
7. 2 towels
8. Cold procedure items

Treatment Procedure:

1. Pray and ask God to bless the treatment.
2. Explain the procedure/have them use the bathroom.
3. Have everything ready – tea kettle steaming under chair.
4. Have person sit in well padded and draped chair.
5. Put their feet carefully into the hot foot bath.
6. Cover person that foot bath with plastic sheeting or shower curtain and blanket
7. Adjust tea kettle spout so as not to burn person’s skin.
8. Offer water before and after procedure.
9. Put a cold compress around the neck and another on the head, change often
10. Duration of the treatment 7-30 minutes. As tolerated.
11. Have person rub his/her arms, legs, and abdomen to promote perspiration.
12. Conclude treatment – remove plastic, lift feet out of hot foot bath and pour cold water over them and a cold procedure (cool shower 15-30, or cold mitten friction
13. Dry thoroughly with a friction rub ( **No friction for insomnia, anxiety, tension**)
14. Rest 30-60 minutes.

Cautions:

1. Diabetes – hot foot bath 103° or less – short treatments are best.
2. Hypertension – if heart beats get above 120/minutes – lace an ice bag over the heart – short treatments to start – working up to long treatments.
3. Multiple sclerosis (hot treatments are very debilitating).

Special Notes:

1. Hot herbal tea will assist in sweating.
2. Rubbing the body during treatment will help the body to sweat and assist in exfoliation of skin – also will relieve feelings of nausea, weakness and dizziness.
3. Treatment needs to be given on an empty stomach (**2 hrs after a meal**)

4. If the head and neck are not kept cool during treatment – headache, fatigue and depression will be the result.