**Constitutional Hydrotherapy for Home Application**

The purpose of this treatment is to create a more rapid improvement in health in conjunction with the other things your naturopathic doctor will instruct you in. The constitutional hydrotherapy tonifies the digestive system, normalizes circulation, soothes the nervous system, and stimulates the “vital force” (your vitality). It is a subtle yet powerful treatment. At the end of this treatment the person receiving the treatment should feel better. They should not feel chilled. If they do not feel better, or feel chilled, contact your naturopathic doctor; do not repeat the treatment until you have received more instruction from your naturopathic doctor.

**The two-person method:** *The treatment, whether two-person or alone, should take ½ - ¾ hour.*

1. Make sure the person receiving treatment is warm before beginning. Have the person lie on their back. Cover the bared chest and abdomen with two thicknesses of a terrycloth towel that has been wrung out of very hot water (but tolerable to the touch on the inside of the elbow). Cover the whole body with 1 or 2 wool (or Vellux) blankets to avoid becoming chilled. Leave the hot towels in place for 5 minutes. See Figure 1.
2. Replace the hot towels with a single thickness of a *thinner* towel wrung out of cold water. Cover the person as before to avoid chill. Leave the cold towel in place for 10 minutes or longer, until it is warmed. Do not remove the towel until it becomes warmed.
3. Have the person turn over and repeat (steps 1 and 2), but on their bare back this time. See Figure 2.

**If one is alone, the following modification should be used:**

1. Take a hot bath or shower for 5-10 minutes; make sure you are warmed up. Get out and dry quickly.
2. Take a thin towel wrung out in cold water and wrap it all the way around the trunk of your body, from the armpits to the groin. See Figure 3; (this shows the corresponding areas front and back).
3. Lie down and cover your whole body with 1 or 2 wool (or Vellux) blankets to avoid a chill. Leave the cold towel in place for 20 minutes or longer, until it is warmed.

 **Figure 1 Figure 2 Figure 3**

  

Reference: *The Ultimate Text in Constitutional Hydrotherapy: A 100 Year Tradition of Clinical Practice.* ByDr. Letitia Dick-Kronenberg, ND. Copyright 2012. Publisher: The Carroll Insitute of Natural Healing. Spokane, Washington.