



## **Wet Sock Hydrotherapy Treatment for Congestion**

Hydrotherapy is the use of water as a method of healing. The wet sock treatment is good for nasal congestion due to cold.

For this therapy you need a pair of cotton socks and a pair of 100% wool socks. Follow this procedure before bed:

- Soak the foot part of the cotton socks in icy cold water and wring them thoroughly.
- Put your feet in a basin of hot water (not scalding) and soak them till they are very warm.
- Remove your feet from hot water, dry them off quickly, and immediately put on the cold cotton socks.
- Quickly put on the wool socks over the cold socks.
- Go to bed immediately, and cover yourself. Your feet should not be uncovered at any point in time.

You can expect to get relief from congestion within 30 minutes. The therapy works on the principle that cold water constricts the superficial blood vessels stimulating them, and hot water causes expansion of vessels, thereby relaxing them. Fluids will therefore be drawn out of the head and into the lower body. This causes increase in circulation, decrease in inflammation, and it improves elimination of congestion.