Hot and cold alternating showers

What is it?

Hot and cold alternating showers involve switching between hot and cold temperature for 3-5 cycles. This is a simple and effective hydrotherapy treatment that works to increase **immunity**, **circulation** and **energy**! The alternating extreme temperatures forces our circulating blood either into our limbs or towards our core encouraging **excretion** **of** **waste**, **detoxification** and increasing **immune** **function**.

What do I need?

All you will need for this treatment is a shower and sources of hot and cold temperature.

How do I do it?



Take a shower as you would normally with warm to hot water except that after about 3 minutes, switch the temperature to cold for about 30 seconds and then resume with hot water. Repeat this anywhere between 3 to 5 cycles and keep in mind that the temperature of the water is not so specific, feel free to increase or decrease the intensity of the temperature just make sure to finish with cold water!

Are there contraindications?

Please consult your health care practitioner if you have any of the following: Heart disease, cardiovascular disease, high blood pressure, diabetes or asthma.

Are there modifications?

If the contrast is too harsh, feel free to start with a more neutral temperature and increase the intensity slowly as your build up your tolerance.