

Thyme For Me/June

Aroma Therapies Spa/814-443-1217

KATHY'S BLOG

COOL WATER HYDROTHERAPY- 60 to 70 degrees

This is an excellent temperature range for healing. It stimulates the circulation and improves the countenance of a person.

These baths are excellent in reducing a fever. Remember water extinguishes fire, and the whole body is involved when there is a fever present.

WARM BATHS- 90 to 100 degrees

This is an excellent bath temperature range, as a person may remain in this for up to 1/2 hour. This range can be used for many types of illnesses. any type of pain due to poor circulation.

An important use of baths is the alternating warm and cool. Here the body warms and then is rapidly cooled, warmed again and cooled again. No more than two or three times is necessary. Congestion and energy blockages are quickly relieved. The contrasting temperatures are a warm 90-95 degrees to a cool 50-55 degrees. A good rule is 10 minutes in warm, 1 minute in cool, and so on. . .

A warm bath tends to weaken and relax the body system, leaving the pores open. The warm baths are recommended for just about anything. Use your herbal blends. A cool rinse is always very refreshing and will help close the pores.

HOT BATHS- 100 to 105 degrees

These baths are used to warm, relieve pain, relax and draw toxins from the body. This is a good temperature range for your salt baths and your relaxing herbal baths. The water temperature will promote a feeling of relaxation and will soften the skin.

Water is an amazing healer and when you don't know what to do, or think you don't have the right medicine, think about Hydrotherapy!!!

Can we still order Black Coffee???

Are Brownies being taken off the shelf?

Is White Castle changing it's name?..

I'm sure Cracker Barrel is screwed.....

Can we still play Chinese Checkers?

...is it still called an Indian burn?

No more Italian sausages?

How far do ya want to go with this foolishness?



CLIP THIS COUPON

FREE ITOVI SCAN DURING THE MONTH

OF JUNE.

JUNE 1ST THROUGH JUNE 30TH.