

## **Paraffin Baths - For Beautiful Skin and Effective Relief From Pain**

### **The Benefits of Paraffin Wax Therapy**

The therapeutic properties of paraffin have been recognized for centuries. The Romans used to pour hot wax on the body prior to massage, the French used melted paraffin on wounds and the British used paraffin for orthopedic disorders in the military hospitals during the First World War.

Medical professionals recommend paraffin therapy because it is one of the most effective methods of treating patients suffering from joint inflammation, arthritis, bursitis, tennis elbow, muscle spasms and sports' injuries. It also offers relief from skin conditions such as eczema, dermatitis and psoriasis and hydrates dry skin.

From a cosmetic point of view, paraffin wax therapy offers additional benefits to the skin, opening pores, increasing circulation and leaving the skin soft and rejuvenated. It is often incorporated into pedicures and manicures, because it soothes and conditions the skin, nails and cuticles.

### **How Paraffin Wax Therapy Works**

Paraffin wax has the capacity to absorb and retain a great amount of heat. A paraffin wax spa takes advantage of paraffin's heat-retaining capacity via a simple process called heat transfer, which as the term implies transfers heat to the affected area. As the paraffin melts into liquid form, it has the ability to retain more heat. When the affected part of the body is immersed in the spa or bath, the paraffin that surrounds this area becomes solid and emits a heat that is known as the "heat of fusion". In simple terms, the heat involved in melting the paraffin is transferred to the affected part of the body. It reduces pain and stiffness around joints by removing excess fluid from surrounding tissue and providing lubrication.

Paraffin therapy can be used to:

- " soothe arthritis joint pain
- " relax stiff muscles
- " aid therapeutic/occupational massage and exercise
- " increase joint movement
- " hydrate dry skin
- " offer relief from skin conditions such as eczema, dermatitis and psoriasis

Cosmetically, it can be used for:

- " manicures and pedicures
- " paraffin facials
- " spas
- " warming cold hands and feet

Paraffin baths can be used often without any adverse effects. Some people may find them most effective first thing in the morning to loosen up joints and soothe muscles for the day's activities. Others may find the treatment useful prior to going to bed to encourage relaxation and sleep.

## **Tips for Treating Specific Areas and Conditions**

Contraindications:

a) Paraffin treatments are not recommended and should not be used on any areas affected by or when the following conditions are present: burns, skin rashes, varicose veins, open cuts and sores, athlete's foot and any other unusual hand or foot disorders. Paraffin treatments are recommended for their hydration and therapeutic benefits for health conditions such as Diabetes, Carpal tunnel, arthritis, bone spurs, eczema, psoriasis and winter chapped skin.

b) Paraffin treatments should also not be used at all in the following persons: Children, Those with severe physical disabilities, Anyone suffering from conditions where circulation is impaired, Anyone with impaired temperature sensation

## **Relief of Joint Pain, Aching Muscles, Improving Circulation and Prior to Physical Therapies or Exercise**

For maximum benefit:

" Apply several layers of paraffin for maximum heat benefit. The more layers that are applied, the longer the heat will last

" Use plastic liners/wrap and insulated mitts/socks to cover skin after the paraffin wax has been applied, because this helps the heat to last longer

Rejuvenation of Very Dry Skin

" Prior to applying the paraffin, apply a light coat of a rich, but non-greasy moisturizer, paying particular attention to extra dry patches

" Apply several layers of paraffin

" Plastic liners and insulated mitts or socks help to increase circulation and absorb moisture from the cream

## **General Tips**

" Use an exfoliating product on the skin prior to paraffin treatment, making sure that the hands or feet are then washed, dried and sanitized thoroughly

" Make sure that the area being treated is immersed to the same point each time to ensure an even coverage and to create a thick perimeter, making it easier to remove after the treatment

" Between each immersion, wait for the shine of the paraffin to disappear, which usually takes only a few seconds

" If the paraffin is being applied with a brush, preheat the brush by immersing it in the spa or bath for a few minutes prior to treatment

" Avoid bending your fingers or toes between each application, which can crack the layers of paraffin

" Leave the paraffin on the area being treated for a minimum of 10-15 minutes

" The more layers that are applied, the longer the heat will last. Insulated mitts or socks will cause the heat to last even longer

" It is easier to remove multiple layers of paraffin, particularly when the area being treated contains a lot of hair, although paraffin does not remove hair