



Waterdown Clinic  
of Functional and Integrative Medicine

## **HYDROTHERAPY OPTIONS FOR CONGESTION ASSOCIATED WITH COLDS, FLU AND SINUSITIS**

- ❖ **WARMING SOCKS** – Application at bedtime. Soak a pair of thin cotton socks in cold water and wring tightly. Put them on and cover with a pair of thicker dry woolen socks and go to bed. The socks will be dry in the morning. Repeat nightly until symptoms improve.
- ❖ **NASAL LAVAGE** – Flush the sinuses with a warm salt water solution. Repeat as required. An alternate method is to use one teaspoon of goldenseal (hydrastis) powder mixed in a cup of hot water.
- ❖ **STEAM INHALATION** – cover your head with a towel over a large bowl of boiled water and breathe the steam deeply. If you are not using homeopathics, you may add a few drops of essential oil of eucalyptus, menthol, thyme or tea tree.
- ❖ **FACIAL COMPRESS** – Alternate hot and cold compresses to the affected area; 3 minutes hot, 1 minute cold, repeat three times. You may use a folded face cloth as the compress, and you may repeat this several times per day.
- ❖ **HOT FOOT BATH** – immerse feet in hot water while placing a cold compress over the affected area.
- ❖ **COLD WATER VAPOURIZERS.**

These hydrotherapy techniques are safe and highly effective in mobilizing lymph, increasing immunity, and enhancing detoxification. Used in conjunction with other treatments, hydrotherapy is a vital part of a recovery program. Repeat until symptoms improve.

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