



Nature Cure

Dew Walking Hydrotherapy

WHAT IS IT?

Throughout history, dew represents a magical substance. Dew walking is a hydrotherapy technique that fits into a forest bathing practice connecting you to the earth, the trees, and the water all around. Walking barefoot in the morning dew increases circulation through cold water and movement. Walking barefoot also facilitates grounding, balance, and coordination.

Invite yourself to start with a minute a day if you catch the morning dew to soak in the healing power of water and nature. If you miss the dew, earthing outside barefoot is still beneficial! Listen to your body and stay outside as long as you would like by getting curious about your surroundings.

Resources:

1. Kneipp. Barefoot in the Grass. https://www.kneipp.com/us_en/kneipp-magazine/water-cures/walking-barefoot-and-dew-walking/
2. Mooventhal, A.; Nivethitha. L. Scientific Evidence-Based Effects of Hydrotherapy on Various Systems of the Body. *North American Journal of Medical Sciences*. 2014; 6(5): 199–209.

WHY DEW IT?

- Strengthens the immune system
- Ensures reflexive strengthening of the abdominal organs
- Helps combat headaches
- Strengthens the muscles of the feet, tendons and ligaments
- Straightens the arch of the foot and thus prevents fallen arches and flat feet
- Serves as a venous and calf muscle pump
- Massages the foot reflex zones
- Helps relieve stress
- Helps combat foot perspiration and prevents athlete's foot

HOW TO DEW IT:

- If possible, start with dew-walking in the summer. Ensure that your feet are warm before you go barefoot. After getting up, walk on dewy grass for two to three minutes.
- On winter days, snow walking is an alternative. It is sufficient to walk barefoot in fresh snow for just a few seconds to a maximum of 30 seconds.
- Consciously feel how cool dew or icy snow refresh your feet and gradually boost your circulation.
- To prevent feet from cooling off after dew-walking, have dry socks and shoes ready and continue to move around. Rapid walking quickly warms the feet.

CAUTION:

Dew-walking should only be done after consulting your doctor if you suffer from diseases of the kidney and the lesser pelvis.