

Paraffin Bath



1

Benefits

- Arthritis
- Stiff joints
- Hardened skin such as scleroderma



Wax Temperature - 125°F - 130°F (52° - 54° C)

2

Benefits

- Arthritis
- Soften scar tissue
- Old sprains/strains



3

Stiff Aching Joints



4

Contraindications

- Very thin skin
- Cuts, sores, or rash
- Heat sensitivity
- Redness and inflammation of body part



5

Procedure

- Sanitize body part to be dipped
- Dip body part 8-12 times



6

Place body part in plastic bag
or wrap with Saran wrap



7

Procedure cont.

- Use hand towel or mitt to wrap body part



8

Finishing Treatment

- Peel off wax and squeeze in hands for exercise
- Place wax back into bath to re-melt



9