

Massage & Body Boutique
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Wet Sock Treatment

The wet sock treatment is best if repeated for three nights in a row.

Indications:

Sore throat or any inflammation or infection of the throat, neck pain, ear infections, headaches, migraines, nasal congestion, upper respiratory, coughs, bronchitis, and sinus infections.

Supplies:

1 pair thin white cotton socks
1 pair thick wool socks
Towel
Warm bath or warm foot bath

Directions:

Take the pair of cotton socks and soak them completely with cold water. Be sure to wring the socks out thoroughly so they do not drip.

Warm your feet first. This is very important as the treatment will not be as effective and could be harmful if your feet are not warmed first. Warming can be accomplished by soaking your feet in warm water for at least 5-10 minutes or taking a warm bath for 10 minutes.

Dry off feet and/or body with with a dry towel.

Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed. Avoid getting chilled

Keep both pair of socks on overnight. You will find that the wet cotton socks will be dry in the morning.

Effects of *The Wet Sock Treatment*:

This treatment acts to reflexively increase the circulation and decrease congestion in the upper respiratory passages, head and throat. It has a sedating action and many people report that they sleep much better during the treatment. This treatment is also effective for pain relief and increases the healing response during acute infections.