



Integrative Medicine

Sinus Contrast Hydrotherapy

Equipment needed:

- 2 washcloths
- Bowl of cold water
- Bowl of hot water

Indications:

Contrast hydrotherapy helps to stimulate the immune system and increase circulation. When heat is applied to the area surrounding the sinuses, the blood vessels dilate. When cold is applied, they constrict. This alternation of dilation and constriction creates a pumping action that helps increase circulation in the sinus area, an area that is otherwise hard to access. It also brings the body's awareness, supporting its ability to heal.

Procedure:

1. Fill one bowl with hot water and another bowl with cold water. The water temperature in each bowl should not exceed your tolerance level when applied to the face. You may put ice cubes in the cold water for a cooler effect. The greater the difference in water temperature the greater the reaction and the benefit you will attain.
2. Put a clean washcloth in each of the bowls of water. Wring out the warm cloth and place it on your cheeks and forehead where you maxillary and frontal sinuses are respectively.
 - **Leave the warm washcloth on for 3 minutes, then remove**
 - **Immediately follow with cold cloth for 30 seconds to 1 minute**
 - **Repeat the process 3-5 times.**
3. On the last round, *you should end with the cold cloth on your face.* You do not need to put the warm cloth back on. Note: you may need to occasionally add more hot water to the hot water bowl in order to keep it warm.

Additional options to enhance treatment:

- a. You may consider following the contrast therapy with a neti pot treatment.
- b. It can be very beneficial to lightly massage the upper shoulders and posterior neck prior to contrast therapy. This will release tension and support healthy blood and lymph flow to and from the sinuses.
- c. Add a couple of drops of organic essential oils (thyme, oregano, eucalyptus or tea tree) to the hot water bowl prior to beginning.