

Warming Sock Treatment

Warming sock treatment is a type of hydrotherapy designed to pull blood flow to the feet in order to relieve congestion in the head, stimulate the immune system and improve sleep quality. It is helpful for both children and adults.

Supplies:

1 pair light, cotton socks

1 pair heavy, wool socks

Warm water to soak the feet

Soak the light, cotton socks in cold water, ring out well and set aside. Soak your feet in warm water until they feel genuinely warmed all the way through and towel dry. Put on the wet cotton socks and cover them with the heavy, wool socks. Go to bed immediately. Make sure you do not feel chilled in bed. Your feet will feel wet and uncomfortable for a short period of time which is normal but make sure you do not feel cold.

Uses: Insomnia, upper respiratory congestion, mild fever