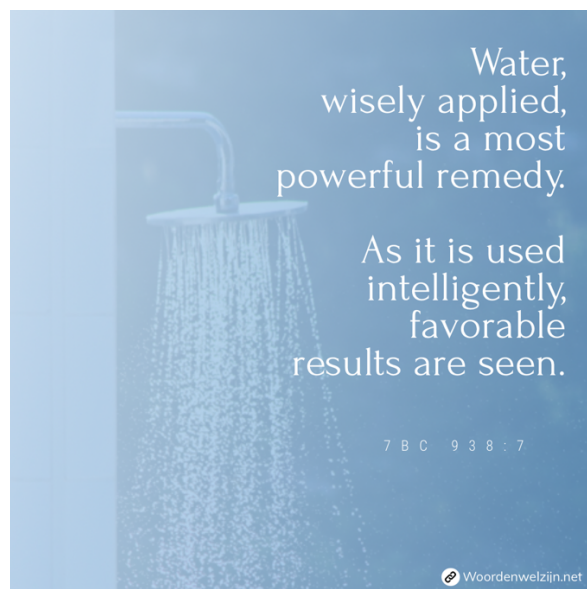




Hydrotherapy:  
Contrast Shower and Contrast Bath  
With Hot and Cold Water



Abbreviated instruction



## For a contrast shower or bath

3 minutes warm water

ooooo

30 seconds cold water

ooooo

Repeat 3 times

Make the warm water a little warmer each time and the cold water colder.

Always finish with cold water.

Do not use the contrast shower or the contrast bath in case of cardiovascular disease, diabetes, skin problems and wounds.

If you have no experience with hydrotherapy yet, read the full instruction first. For example on <https://en.woordenwelzijn.net/home/search/hydrotherapy>

### *Disclaimer*

*The information on this website is educational and general in nature.*

*The posts on this site are not a substitute for medical diagnosis, personalized advice, or treatment by a qualified healthcare professional.*