

WARMING SOCKS AND GLOVES TREATMENT

Supplies:

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

Directions:

1. Take a pair of cotton socks and gloves and soak them completely with cold water. Be sure to wring them out thoroughly so they do not drip.
2. Warm your feet and hands first. This is very important as the treatment will not be as effective and could be harmful if your feet and hands are not warmed first. Warming can be accomplished by soaking your feet and in warm water for at least 5-10 minutes or taking a warm bath for 5-10 minutes.
3. Dry off feet and hands and body with a dry towel.
4. Place cold wet socks on feet. Cover with thick wool socks. Place cold wet gloves on hands. Cover with thick wool gloves. Go directly to bed. Avoid getting chilled.
5. Keep the socks and gloves on overnight. You will find that they will be dry in the morning.