General Guidelines

For All Paraffin Treatments

• Thoroughly wash and dry the area to be treated. Remove jewelry. Make sure clothing is well out of the way.

• If desired, test the temperature of the bath. The internal thermostat of the TherabathPRO unit ensures that the bath is kept at a safe, medically accepted temperature and that the paraffin will not be too hot. To test the temperature, dab a small amount on the inside of your wrist. The paraffin will feel warm, but it will not burn.

• Discard used paraffin. Do not remelt used paraffin.

Hands and Wrists, or Feet and Ankles

Materials (items in bold available from TherabathPRO):

• TherabathPRO Unit
• Paraffin Wax (choose from 6 scents)
• Sanitizing Spray
• Intensive Hydrating Cream
• Plastic Liners
• Insulated Mitts (or Boots)

1. Cleanse hands (or feet) with warm water and soap, and then mist with Sanitizing Spray.
2. Apply a light coat of Intensive Hydrating Cream, working into cuticles and dry areas.
3. Slowly immerse the hand (or foot) in the paraffin wax. For the hand, fold fingers slightly apart so that the paraffin surrounds each finger.
4. Slowly remove the hand (or foot) and wait about five seconds before redipping.
5. Repeat three to five times. For relief of pain and stiffness, dip up to 15 times.
6. Optional: To enhance the heat benefit, cover the hand (or foot) with a plastic liner and then slip on an insulated mitt (or boot).
7. Rest for 10 to 15 minutes.
8. To remove, first slip off the mitt or boot. Then wiggle the fingers or toes slightly to loosen the paraffin, and slide the paraffin off together with the plastic liner.
9. If desired, apply lotion to dry areas.

Notes:

• Humans generally perceive more heat sensation in their feet, and when you dip a foot, the paraffin may seem much warmer. Simply immerse the foot much more slowly.

• Because feet are larger than hands, you will displace more paraffin. Use extra care to avoid spilling.

Elbows, Knees, or Shoulders

Materials (items in bold available from TherabathPRO):

• TherabathPRO Unit
• Paraffin Wax (choose from 6 scents)
• Intensive Hydrating Cream
• Paraffin Application Brush

Elbows:
1. Apply a light coat of Intensive Hydrating Cream.
2. Bend your elbow slightly, and slowly immerse the elbow in the paraffin wax.
3. Slowly remove the elbow and wait about five seconds before redipping. The idea is to dip in and out of the TherabathPRO, building up layers of paraffin.
4. Repeat three to five times. For relief of pain and stiffness, dip up to 15 times.
5. Rest for 10 to 15 minutes.
6. Discard used paraffin.
7. If desired, apply lotion to dry areas.

Knees and Shoulders:
1. Ladle a small amount of paraffin into a smaller container, and bring the container near to the area to be treated.
2. Brush the paraffin on with a paraffin application brush.
3. Cover the area with plastic and a towel to retain heat longer.
4. Or, adapt the instructions for body treatments (side 2).

General Suggestions for Easier Treatments

• The more layers of paraffin, the easier it is to remove.
• If the area to be treated has a lot of hair, apply additional layers of paraffin. (Paraffin will not remove hair.)
• Dip to the same level each time so that an even amount of paraffin covers the area to be treated and there is a thick edge to grasp when removing the paraffin.
• To build up thicker layers, wait a few seconds (until the shine goes away) in between dips.
• Don't flex your fingers or break the “glove” of paraffin in between dips.
• Keep the paraffin in place for 10 to 15 minutes. (The more layers, the longer the heat lasts, and an insulated mitt or boot will cause the heat to last even longer.) Because you will grow accustomed to the heat, it may seem like the heat is gone before it actually is. Before applying paraffin with a brush, preheat the brush by letting it sit in the TherabathPRO for five minutes.

Important Hygiene Notes for Public Use of a Paraffin Bath

• Thoroughly wash and dry the skin before applying paraffin.
• Spray the skin with TherabathPRO Sanitizing Spray. (Do not use the spray near the eyes, nose, or mouth.)
• Follow all paraffin application instructions.
• Discard used paraffin. Do not remelt used paraffin.
• Except for personal units, use separate units for hands and feet.
• Place the cover on the TherabathPRO when it is not in use.
• Clean the TherabathPRO after every 25 treatments, when paraffin is cloudy, or when sediments accumulate on the bottom of the unit.
Paraffin Wax Facials

Materials (items in bold available from TherabathPRO):
- TherabathPRO Unit
- Paraffin Wax (ScentFree)
- Intensive Hydrating Cream
- Paraffin Application Brush
- Gauze Facial Masks
- Headband
- Towels
- Cotton eye pads
- Small container
- Sanitizing Spray
- Massageable disposable sheet
- Folded paper towels
- 3"-4" wide, soft, natural bristle brush
- Optional: Rolling cart for supplies

1. Warm up the brush in the unit for five minutes.
2. Use a headband and a towel to keep hair out of the face.
3. Remove all makeup and thoroughly cleanse skin.
4. Apply an even layer of Intensive Hydrating Cream, if desired.
5. Using a small amount of paraffin in a cup held close to the face, start at the forehead and brush a layer of paraffin on the whole face and neck area. The paraffin may run slightly, so keep a small towel nearby for blotting.
6. Dip a gauze facial mask completely in the TherabathPRO. Remove the mask from the bath, and allow it to drip for a few seconds. Place the paraffin-coated mask on the face, rearranging as necessary.
7. Working quickly, brush three to four additional layers on the mask, keeping the layers of paraffin as even as possible.
8. Place cotton pads over the eyes. After 15 minutes, remove the mask by starting at the neck and peeling gently. Remove all paraffin.
9. Apply a light coat of Intensive Hydrating Cream, if desired. Allow the skin to rest and cool before applying makeup.
10. To clean the brush, let it stand in the TherabathPRO for five minutes. Then remove and wipe clean by pulling the brush through a paper towel.

Paraffin Treatment Suggestions

For Chronic Joint Pain, Relaxed Muscles, and Increased Circulation
- Maximize the heat benefit by applying more layers of paraffin. The more layers of paraffin applied, the longer the heat will last. For maximum effect, we recommend 10 to 15 layers.
- Prolong the treatment by using the plastic liners and insulated mitts and boots (for hands and feet), or plastic and an insulated wrap (for other areas).

For Very Dry Skin
- Prior to applying the paraffin, apply a light coat of nongreasy TherabathPRO Intensive Hydrating Cream. Rub extra lotion into cuticles and dry patches. If desired, apply additional lotion after the paraffin treatment too.
- Apply at least five layers of paraffin.
- Enhance the softening effects of the paraffin by using the plastic liners and insulated mitts and boots, helping to increase circulation to the skin and absorb additional moisture from the lotion.

For Salon Manicures and Pedicures
- If using paraffin as part of a full manicure or pedicure, remove old polish, shape and repair nails, and apply acrylic nails prior to the paraffin treatment.
- Use exfoliating scrubs prior to paraffin treatment. Wash and dry area thoroughly.

For Use in Therapeutic Massage, Prior to Exercise or Physical Therapy, and to Increase Range of Motion
- Follow the suggestions for relief from chronic joint pain, etc.
- Paraffin treatments on clients’ hands, feet, elbows, etc., are a beneficial addition to any type of therapeutic massage.
- Paraffin can be used by the practitioner to warm hands prior to providing massage services, and afterwards to ease stiff, tired hands and to relieve dryness from repeated hand-washing.

For Work-weary Hands
- Follow the suggestions for relief from chronic joint pain and relief from dry skin.

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