

Hot, Cold, Hot Therapy

Directions:

- Microwave a moist hand towel for 1-2 minutes on high, or until towel is very hot.
- Touch towel with hand to make sure it is not too hot to apply to face.
- Apply hand towel to neck, jaw and face area for 3 minutes (using a timer is very helpful.)
- Next, apply cold to the same area for 3 minutes. Using a bag of frozen peas is best.
- Reheat towel in microwave on high for 30 second intervals until hot again and apply to face, jaw and neck area for 3 minutes.

You can repeat the above steps as often as you desire.

The purpose of Hot, Cold, Hot Therapy is open the blood vessels, close the blood vessels, then open the blood vessels, allowing a rush of blood to flush out toxins in the muscles.