

# THE WET SOCK TREATMENT

The Wet Sock treatment is a Hydrotherapy protocol designed to increase circulation and decrease congestion in the head and upper respiratory system. It also stimulates the immune system to help decrease pain and shorten the length of acute illnesses. Many people report sleeping more soundly on the nights they use this treatment, as it also has a mildly sedating action.

Wet sock treatments are best repeated for three nights in a row, or as instructed by your physician.



## How to use Wet Socks:

You will need a few supplies: one pair of white cotton socks, one pair of thick wool socks, a medium-sized towel, and a warm bath or foot bath

### Directions:

1. Warm feet first. This first step is important for a safe and effective treatment. Soak the feet in warm water for at least 5-10 minutes, or take a warm bath for the same duration.
2. Soak the cotton socks completely in cold water. Wring thoroughly so they do not drip.
3. Dry off feet and body with a dry towel
4. Place cold wet socks on feet. Cover with thick wool socks. Go directly to bed and avoid getting chilled
5. Keep socks on overnight. The wet socks will be dry by the morning.



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