

General Paraffin Treatment 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 Therabath 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.

Important Hygiene Notes for Public Use of a Paraffin Bath

- Thoroughly wash and dry the skin before applying paraffin.
- Spray the skin with Therabath Pre-Treatment Cleansing 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.

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 is gone) 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; an insulated mitt or boot will cause the heat to last even longer.) You will grow accustomed to the heat, and so it may feel as if the heat is gone before it actually is.
- Before applying paraffin with a brush, preheat the brush by letting it sit in the Therabath for five minutes.
- Place the cover on the Therabath when it is not in use.
- Clean the Therabath after every 40 treatments, when paraffin is cloudy, or when sediment accumulates on the bottom of the unit.

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, Work-Weary Hands or Feet

- Prior to applying the paraffin, apply a light coat of nongreasy Therabath Intensive Hydrating Cream. Rub extra lotion into cuticles and dry patches. If desired, apply additional lotion after the paraffin treatment too.
- Apply at least 5 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 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.
- 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 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.

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hands



1. Cleanse hands or mist with **Pre-Treatment Spray**.
2. Apply a light coat of **Intensive Hydrating Cream**.
3. Spread fingers slightly, hold the hand flat, and slowly immerse into paraffin. Remove hand immediately from paraffin.
4. Wait 5 seconds, allowing the paraffin "shine" to go away, indicating the wax is dry.
5. Repeat steps 3 and 4 to make a warm "glove":
 - 3 times - light therapy and skin moisturizing
 - 5-15 times - intense therapy. The more layers of paraffin, the longer the length of the therapy.
6. Cover hand with **plastic liner bag** and **plush mitt**.
7. After 5-30 minutes, remove mitt, move hands and fingers to loosen paraffin, removing it in liner bag.
8. Discard used paraffin.

therabath quick tips

face



1. Use a headband to hold back hair, remove all makeup, cleanse skin, apply desired serums and place cotton pads over eyes. We suggest a helper!
2. Ladle approximately 1 cup of paraffin into a small bowl. Set aside bowl and a **natural bristle paraffin brush**.
3. Hold the edges of a **pre-cut paraffin application strip** with both hands, saturate with wax and then allow excess wax to drip off.
4. Lay coated strips on face adding additional layers of wax using the paraffin brush, or adding additional layers of strips.
5. Relax! Remove mask or strips by peeling gently from the neck up.
6. Allow skin to cool before applying makeup.
7. Clean application brush by soaking in hot water until soft, then squeeze out excess water with a paper towel.



For information regarding hygiene of paraffin treatments, visit www.therabath.com

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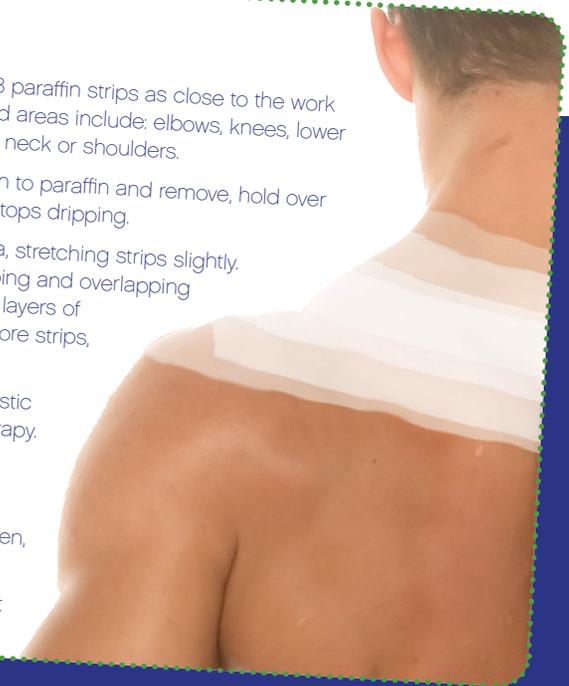
feet



1. Mist feet with **Pre-Treatment Spray**.
 2. Apply a light coat of **Hydrating Cream**.
 3. Spread toes slightly, and slowly immerse into paraffin. Remove foot immediately from paraffin.
 4. Wait 5 seconds, allowing the paraffin "shine" to go away, indicating the wax is dry.
 5. Repeat steps 3 and 4 to make a warm "glove":
 - 3 times - light therapy and skin moisturizing
 - 5-15 times - intense therapy. The more layers of paraffin, the longer the length of the therapy.
 6. Cover foot with **plastic liner bag** and **plush boot**.
 7. After 5-30 minutes, remove boot, move toes and ankle to loosen paraffin, removing it in liner bag.
 8. Discard used paraffin.
- NOTE:** feet are generally more sensitive to heat than hands – dip only a portion of the foot on the first dip, and the entire foot on subsequent dips)

therabath quick tips

body



1. Place the Therabath and 4-8 paraffin strips as close to the work area as possible. Suggested areas include: elbows, knees, lower leg/calf, thigh, forearm, back, neck or shoulders.
2. Holding ends of a strip, dip in to paraffin and remove, hold over Therabath until the paraffin stops dripping.
3. Cover or wrap treatment area, stretching strips slightly. Apply additional strips, wrapping and overlapping by half so area has at least 2 layers of paraffin coated strips. The more strips, the longer the heat lasts.
4. Area may be covered with plastic and a towel to extend the therapy.
5. Leave strips in place for approximately 10 minutes.
6. Slightly massage strips to loosen, tear and remove.
7. Discard used strips and repeat as necessary.