

# Can moist heat therapy help my pain and stiffness?

## How about my dry weary skin?

Paraffin therapy is one of the most effective methods of applying deep heat to relieve pain and stiffness. The warm paraffin also moisturizes for healthier looking, softer skin.

Warm paraffin deeply moisturizes dry skin and increases blood flow, renewing tissue from the inside out.

Paraffin baths can be used for the following:

- to soothe chronic arthritis joint pain
- to relax stiff muscles
- in therapeutic massage for clients and for practitioners' self-care
- prior to therapeutic exercise
- during physical and occupational therapy
- to increase range of motion
- to relieve dryness from repeated hand-washing
- for tired, overworked hands
- for very dry skin
- in spas
- to warm cold hands, especially in winter
- and more!

Remember, consult your physician if you have questions about any heat therapy product.

## See and Feel the Difference!

Paraffin wax works two ways to soothe and soften dry, weary skin:

- Hydrating from the outside with penetrating oils
- Increasing circulation to the skin to heal from the inside
- Intensive moisture therapy nourishes skin
- Conditions and soothes with each warm paraffin dip
- Easy to use, long-lasting relief for hands, feet, face, elbows -- or full body!

