**Paraffin Bath**

**Benefits**
- Arthritis
- Stiff joints
- Hardened skin such as scleroderma

Wax Temperature - 125°F - 130°F (52°C – 54°C)

**Contraindications**
- Very thin skin
- Cuts, sores, or rash
- Heat sensitivity
- Redness and inflammation of body part

**Stiff Aching Joints**

**Benefits**
- Arthritis
- Soften scar tissue
- Old sprains/strains

**Procedure**
- Sanitize body part to be dipped
- Dip body part 8-12 times
Place body part in plastic bag or wrap with Saran wrap

Procedure cont.

• Use hand towel or mitt to wrap body part

Finishing Treatment

• Peel off wax and squeeze in hands for exercise

• Place wax back into bath to re-melt