

Heating Compress for the Throat

Blue House Holistic Health



Indications: Sore throat and associated hoarseness, neck pain, tense muscles, and any inflammation or infection of the throat.

Effects: This treatment acts to reflexively increase the circulation and decrease congestion in the throat and head. It has a sedating action and may help with sleep. This treatment is also effective for pain relief and increases the healing response during acute infections.

Procedure

1. Soak the cotton in cold water and wring out so that it does not drip.
2. Heat the throat area first with a warm face cloth for 5 minutes. This is very important as the treatment will not be as effective and could be harmful if your neck is not warmed first.
3. Wrap the cold cotton cloth around your neck.
4. Wrap a wool scarf over the cotton cloth
5. Leave on at least half an hour but overnight is more effective. Follow treatment with a quick cold sponge to area.

Precautions: Chilling should not be experienced during this treatment. Keep warm either in a bed or wrapped up in a blanket. Change the compress at least every 8 hours and allow the skin to dry for at least 1 hour between treatments. Do not tie compress on too tightly around the neck. This treatment should be comfortable. Please consult with me if your condition does not improve or you have any questions regarding this treatment.