



Neptune's Girdle

Take a 5 to 15 minute hot shower or hot Epsom salts bath (1 to 2 cups Epsom salt in a bathtub of water).

Wring out a thin bath towel or a large hand towel in cold water out of the tap (well wrung to that it is not dripping). Fold it in half lengthwise so that there are two layers of the cold towel. Lay out a blanket on the bed, lay the cold compress across the bed lengthwise, lie back on the cold compress so that it is lying against the low back. Take the ends of the compress and wrap across the abdomen so that the cold compress lies 'like a girdle'. Wrap the blanket around as the insulating layer. The blanket should be vellux or wool, not cotton as it will absorb the water and undermine the benefit of the treatment.

The cold compress will re-warm in 10 to 20 minutes; remove at that point.