



therabath quick tips

body

1. Place the Therabath as close to work area as possible. Remove the number of strips you think you will use from package (average 4-8 strips). Suggested areas include: elbows, knees, lower leg/calf, thigh, forearm, back, neck or shoulders.
2. Holding one end of strip, dip entire strip in paraffin and remove. Hold over Therabath until paraffin stops dripping.
3. Wrap area to be treated, 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 more heat and more relief.
4. Leave strips in place for at least 10 minutes and then remove by massaging them slightly and sliding them off.
5. Discard used strips and repeat as necessary.





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hands



1. Cleanse hands and mist with **Sanitizing Spray**. Rub in.
2. Apply a light coat of **Intensive Hydrating Cream**.
3. Spread fingers slightly, slowly immerse hand into paraffin and remove hand from paraffin
4. Wait 5-7 seconds, dip again and remove.
5. Repeat 3-5 times
 - the objective is to add several layers of paraffin to make a warm paraffin "glove"
 - the more paraffin, the longer the heat relief
6. Cover hand with plastic **mitt liner bag** and **terry mitt**
7. After 10 minutes, remove mitt, move hands and fingers to loosen paraffin and remove it in liner bag
8. Discard used paraffin.



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



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feet



1. Cleanse feet and mist with **Sanitizing Spray**. Rub in.
2. Apply a light coat of **Intensive Hydrating Cream**.
3. Slowly immerse foot into paraffin and remove
4. Wait 5-7 seconds, dip again and remove.
5. Repeat 3-5 times (**NOTE:** feet are generally more sensitive to heat than hands – dip only portion of the foot on first dip, and the entire foot on subsequent dips)
6. Cover foot with plastic **boot liner bag** and **terry boot**
7. After 10 minutes, remove boot, move foot and toes to loosen paraffin and remove it in liner bag
8. Discard used paraffin.



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face

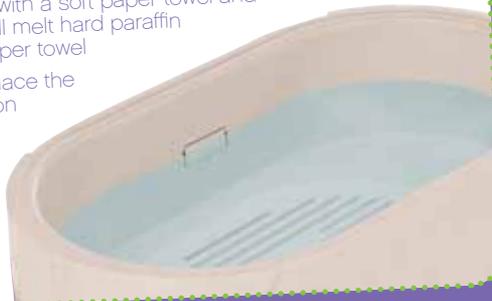
1. Place facial brush in unit for 5 minutes to soften
2. Use a headband to hold back hair, remove all make-up, cleanse skin, and place cotton pads over eyes
3. Starting at forehead, brush a thin layer of paraffin on face & neck with a **paraffin application brush**.
4. Hold the edges of a pre-cut **gauze facial mask** with both hands, dip mask completely in & out of bath, and allow excess wax to drip off.
5. Place coated mask on face and quickly brush on 3-4 additional layers of wax on mask.
6. Relax for 15 minutes! Remove mask by peeling gently from the neck up.
7. Apply a light coat of **intensive hydrating cream** (optional) and allow skin to cool before applying makeup.
8. Clean application brush by soaking in bath for 5 min. Remove & wipe clean with paper towel.



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cleaning

1. Clean unit when you see sediment has built up on bottom of inner tank.
2. Unplug unit, remove lid, and grille and allow paraffin to harden overnight.
3. The next day, plug in unit for approximately 10 minutes to melt edges of hard paraffin "cake" around the inside of the tank. Lay out paper towels to set wax "cake" on.
4. Press down on one end of the "cake" until it slides out the other end of the unit. Lift out "cake" and place on paper towel, flat side down.
5. If you want to reuse the clean paraffin, shave off the top quarter-inch, which will appear dirty, and discard.
6. Blot up remaining paraffin in tank with a soft paper towel and wipe unit dry. **HINT:** a hair dryer will melt hard paraffin drips, then blot them up with a paper towel
7. If you are reusing the paraffin, replace the "cake" in the unit, place the grille on top of paraffin, and replace lid.
8. Plug in the unit.
9. After paraffin has melted (8-10 hours), add additional wax as necessary to bring up to required level.



For additional tips and how to's visit us online www.therabath.com