



What is the Wet Sock Treatment?

The Wet Sock Treatment, also sometimes called Warming Socks or Magic Socks, is a gentle yet powerful at-home hydrotherapy treatment. Hydrotherapy comes in many forms, but always uses water's ability to affect our physiology to our benefit. During the Wet Sock Treatment in particular, cold, wet socks are placed on the feet overnight, and ultimately cause a boost in vitality.

Though it sounds cold, the Wet Sock Treatment actually warms the body; in fact, most cold hydrotherapies cause core body temp to go up. They do this by different mechanisms: sending the warm blood to the vital organs, causing a warming response as the body works to heat up a cool, wet area, etc. The latter mechanism is that by which the Wet Sock Treatment creates its health-promoting effects.

When to use Wet Socks?

Wet socks are indicated in cases of cold, flu, other infections or situations in which the immune system and/or overall vitality needs a boost. The cold, wet socks on the feet make the body work to warm and dry them; hence, the vital force is stimulated. This therapy often evokes a slight fever during the night.

When not to use Wet Socks?

If your fever is already too high, you don't want to make it higher. If your feet and/or entire body are chilled or cold and you're not able to thoroughly warm up before the treatment, don't do the Wet Sock Treatment. If you're in a weakened state and the energy/effort it would take your body to warm and dry the socks in the night could be enough to put you over the edge or wear you down even more, this is not the time for this treatment. Consulting with your doctor, who can instruct you on when and how to optimally use this therapy for yourself or others, is ideal.

What to expect?

Expect a minute or two of uncomfortably cold feet, but after that, you likely won't notice much as you soundly sleep, letting your body warm and dry your feet in the night. You can expect to wake with warm, dry socks and feet!

INSTRUCTIONS

Make sure your body and feet are warm or at least neutral temperature before beginning this therapy. If you can take a warm foot bath or whole body bath or shower, or warm yourself next to a fireplace or heater, this is an acceptable way to prepare your body for this treatment. *It is very important that you don't do this therapy if you (body and/or feet) are cold.*

Shortly before bed: wet, wring out and freeze a pair of thin, cotton ankle socks. Put the socks on straight from the freezer (you might need to give them a minute or two so they're not frozen stiff!), then cover them with a thicker pair of (ideally woolen) socks. Go straight to bed and cover up.

The wet socks, which quickly dry as the vital force kicks into high gear, remain on throughout the night, and when you wake in the morning, your feet and socks should be warm and dry.

That's it! This treatment can be repeated as many nights in a row as necessary to reduce congestion, support immunity, and enhance overall vitality.