



Soaring Crane Natural Health Center

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Alternating Sitz Baths Hydrotherapy for Your Pelvic Region

Alternating hot and cold water is a powerful way to stimulate circulation and healing.

Alternating sitz baths have a myriad of uses including but not limited to:

- Urinary tract infections
- Prostatitis
- Vaginal infections
- Pelvic congestion

Supplies:

- 2 medium size Rubbermaid tubs
- Hot and cold water

Or

- A bathtub and a bucket/bowl
- A towel
- Hot and cold water

Instructions for two tubs:

1. Fill one tub with hot water, as hot as you can handle sitting in.
2. Fill the other tub with cold water, the colder the better.
3. Sit in the tub with hot water for _____ minutes, making sure the water covers your pelvic region.
4. Quickly move and sit in the cold water tub for _____ seconds/minutes.
5. Switch. Do three rounds of hot/cold, making sure to end each session with cold.

Instructions for the towel method:

1. Sit in the bathtub with hot water in it to the level where it covers your pelvis for _____ minutes.
2. Have a bucket or bowl sitting next to the tub with cold water and the towel in it. After sitting in the hot water, stand up and place the towel between your legs and up your back and front like a diaper. Hold the towel on for _____ seconds.
3. Switch. Alternate the hot/cold three times, always ending with the cold towel.

Repeat this _____ times per day.