

Paraffin Hand Treatment Protocol - No Double Dipping!

Simply use a spoon/scoop to pour the paraffin into the mitt/bootie liner.

Benefits

- ◆ Cost per treatment - less than \$1.00
- ◆ One 6 lb. block of paraffin yields 24 hand or foot treatments.

Procedure

1. Take the mitt liner and roll the sides down one-half the length of the liner itself; this will allow you to pour the melted paraffin into the liner easily.
 2. Using a spoon, measuring cup, or ladle, pour approximately $\frac{1}{4}$ cup of melted paraffin into the liner.
 3. Slip your client's hand into the paraffin liner. With one hand, hold the liner snugly around your client's arm or wrist. With your other hand, massage the paraffin over your client's hand.
 4. Twist the top of the liner until it fits snugly and roll the remaining edge, tucking it into the liner. After the paraffin liner is secure, you may cover it with warm electric or herbal mitts or hot towels.
 5. Repeat steps 2-4 for the other hand and allow the hand treatment to set for 10-15 minutes.
 6. Remove the liner by taking the client's hand between both of yours and massaging or wiggling off the paraffin. The treatment should be easy to remove, coming off with all of the paraffin remaining in the liner. Your client's hands will be nicely warmed and moisturized.
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