

Warm Wax Therapy Instructions

Step 1

Pour hot water over towels in Coleman and shut lid

Step 2

Plug in Hive and electric booties and turn both on

Step 3

Put Prende wax into pudding dish (not so messy when you use a pudding dish rather than the Prende dish)

Step 4

Put pudding dish, with wax in it, into Hive to melt (don't put Hive on high, it's too hot)

Step 5

When wax has melted (but not so hot that it burns) paint onto patient's feet with one of the little brushes (you can put it on cold feet, but better if patient's feet are already warm. The wax hardens very quickly on very cold feet)

Step 6

Put plastic bags over patient's feet

Step 7

Wrap patient's feet with the towels out of the Coleman

Step 8

Put electric booties on patient's feet

Step 9

Talk to the patient until you're both bored 😊

Step 10

Remove booties

Step 11

Remove Towels

Step 12

Remove bags but massage wax into/over the feet whilst removing the bags (removes wax from skin)

Step 13

Wipe away any excess wax and apply/massage in the Prende nourishing oil

(I bought the Prende stuff because it was easy but you can get non-prende stuff that does the same job)

Message me if you need to xx