



*Karingal Green*

HEALTH AND AGED CARE COMMUNITY

# Wellness Centre

PARRAFIN WAX THERAPY

# Parrafin Wax Therapy

Parrafin Wax Therapy is a therapeutic treatment which is an effective way to apply heat, helping to increase blood flow, relax hand muscles and decrease stiffness.

Wax therapy for hands helps with pain relief and maintaining movement in arthritic and stiff hands with the added benefit of creating deeply moisturised skin in the process.

Our Karingal Green Wellness Centre therapist will assist in dipping your hands into a specialist wax bath on a very low heat allowing layers of wax to thicken before wrapping your hands up for 10-15 minutes. This applies a moist heat and a warming affect. Once the wax is peeled off, a set of therapeutic hand exercises are completed to mobilise sore and tired muscles.

## Key benefits of Parrafin Wax Therapy:

1. Helps to reduce aches and pains in the hands.
2. Relaxes sore and tired muscles.
3. Hydrates the skin, making it soft and smooth.

*Initial assessment is free of charge for residents including thermal skin testing to ensure safe delivery of moist heat therapy and set up of hand therapy exercises to follow application.*

We are extremely proud of our home and what we deliver. Our team is here to look after you and your needs. If you have any feedback on the delivery of these services, please speak to our friendly team.

For more information contact the Karingal Green team today on:

**T: 1300 096 988    E: [wellness@karingalgreen.com.au](mailto:wellness@karingalgreen.com.au)**

