

Hand/Feet Waxing

Paraffin Wax is a therapy that is intended to moisturise, soften the skin, improve blood circulation and reduce pain of joints. It is a soft wax that melts at a lower temperature than normal, therefore it does not cause any burns or blisters. It is quite beneficial for patients with Rheumatoid Arthritis, Scleroderma, Raynaud's phenomenon or any rheumatic pains. Paraffin Wax is also known to help muscle relaxation and muscle movement.



If you have an open ulcer/wound please DO NOT put your hands directly into the paraffin wax. However, you can put on latex/non latex gloves to protect the wound before putting them into the paraffin wax bath.

You can wax your hands or feet as often as you please and the more often you do it the more beneficial you would find it. We would encourage you to use the wax 3 times a week however if you are able to do it more, it will not harm you in any way.



Paraffin Bath and Wax

You will need a paraffin wax bath, a pair of mittens and about 1 kg (2lb) of paraffin wax. If you look after the paraffin wax, you may reuse it and may last almost 2 years or more.

You will need a paraffin wax bath that has a thermostat, so that you can be able to control the heat and avoid overheating. We strongly recommend you test a small area on the inside of your wrist prior to full immersion of your hands or feet.

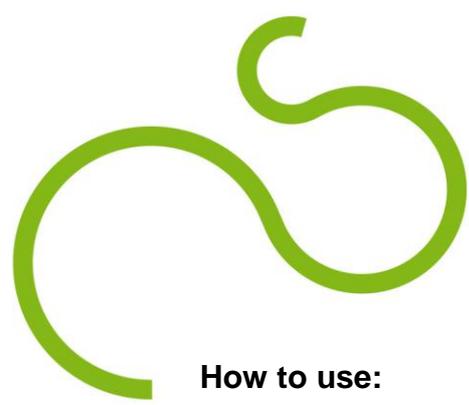
You may be able to purchase your own paraffin wax bath from the following websites. You will need to type the words PARAFFIN WAX BATH in the search box.

- www.amazon.co.uk
- www.pattersonmedical.co.uk (tel no: 08448 730035)
- www.ebay.co.uk
- www.smarterdeal.co.uk
- www.calibex.co.uk
- www.justbeautyfully.co.uk
- www.spalightltd.co.uk (tel no: 0208864080)
- www.salonbeautysupplies.co.uk

Price range: £13.99 to £76.99

When buying the wax bath, please check whether the bath includes a pair of mittens and wax, if it does not then the mittens and wax can be purchased separately.

Usually the wax bath machine comes with the manufacturer's guidance instructions, which you will need to follow in partnership with the following:



How to use:

1. Melt the wax in the paraffin wax bath. Do not immerse your hands into the wax at this time.
2. Once melted and at the right temperature according to the thermostat, allow the wax to cool a little.
3. Wash your hands thoroughly before using the wax.
4. Test a small area on the inside of your wrist to make sure the temperature is suitable for you before you fully immerse your hands or feet.
5. Dip your hands or feet into the wax and then completely remove them. Allow the wax to begin solidifying. Rapidly re-dip for another few seconds and remove again. Separate the fingers or toes before dipping to allow the wax to coat all around them.
6. Repeat the process until you have built up to four or five layers. Then rapidly wrap the hand with one of the following:
 - a. Plastic liner
 - b. Foil
 - c. Greaseproof paper
 - d. Roasting bag

When they are in place put your hand or foot inside the mitten or you can use an old towel and wrap it around your hand or foot.

7. Leave the mitten or the towel for approximately 20-30 minutes
8. Peel off the wax and make it into a ball, exercising the fingers by gripping and ungripping the wax before returning it to the pan for future use.
9. Moisturise your hands/feet using emollients or moisturisers.
10. Continue to exercise the joints for at least ten minutes after the procedure.

Contact Information:

Rheumatology Advice Line - 01895 279673

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

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