



**THIS IS HOW
WE DO IT:**

**IN~SHOWER
HYDROTHERAPY**

THE IMPORTANCE

I have been doing in-shower hydrotherapy since I read Aubrey Marcus' book, [Own The Day, Own Your Life](#). Marcus details optimized practices for living your best life daily and freezing cold showers are one of the things he attributes his health & wellness to. Not gonna lie – it's not easy to willingly turn the temp way down, but it is worth it. To be really specific, "When the body is subjected to cold external temperatures, the flow of circulation is directed inward toward the internal organs. As the outside temperature gets hot, the flow of circulation goes outward toward the skin. Alternating hot and cold makes the circulation move in and out like an accordion. This has the effect of unblocking stuck flows, increasing the rate of detoxification and moving nutrients more readily to various parts of the body" –Health Free. There are so many benefits to getting cold everyday (see next page) and now that I've been doing it for so long, I literally crave it ...
ready to give it a try?

THE BENEFITS

1. Reduces inflammation
2. Boosts your mood
3. Increases testosterone, fertility & energy
4. Strengthens your immune system
5. Ups your stress tolerance
6. Increases circulation
7. Promotes muscle recovery
8. Increases metabolism/ regulates weight
9. Reduces anxiety & depression
10. Softens skin & hair

WHAT YOU'LL NEED

1. A shower
2. Time – give yourself some extra shower time so that you can do your hydrotherapy at the end
3. Mind over Matter – this is the ultimate test of mental toughness. It will definitely be uncomfortable, you might even hate it first, but it's empowering to be able to be uncomfortable and still push yourself to stay in it.

THE ROUTINE

LET'S GO

GO THROUGH YOUR FULL SHOWER ROUTINE

Hydrotherapy happens at the very end of your shower, so shampoo, condition, soap up etc.

BREATHE

Post shower routine, keep the water a neutral temperature and begin to take 5-10 deep breaths

inhale for 4 counts, hold for 4 counts, exhale for 4 counts

HOT THEN COLD

Once you've done your deep breathing, turn the shower temp as hot as you can handle it (please be smart and don't burn yourself), immerse yourself in the hot water for 10-30 seconds, then immediately switch to freezing cold for 10-30 seconds. Repeat 5 times.

you'll build up tolerance as you go and will be able to do it for longer each time, you're trying to work your way up to 30 seconds of each X5 (5 minutes)

HIT THE SPOT

Make sure that the hot & cold water is getting the top of your head, your forehead and your chest to get the blood properly flowing.