



Hydrotherapy Guidelines

Path of Life Healing Center

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Pre & Post session refrain from alcohol & caffeine for 24 hrs.

The Evening after the Sauna Therapy:

1. Wipe down your skin with a mixture of ¼ cup apple cider vinegar or lemon juice mixed in 16 ounces' pure water.
2. Take a cool shower.
3. Moisturize your skin with natural olive, safflower, sunflower, grapeseed, coconut oils, or shea butter.
4. Drink a total of 48 ounces of water throughout the evening.
5. Eat lightly and wholesome for the remainder of that day.

The Following Three Days:

1. Wash your body as you normally would. Use natural oils on your skin as stated above to moisturize and nourish your body.
2. Drink 1 gallon of water per day for the next three days to flush your lymphatic system of the toxins that were set free from your cells. Take 1/8 tsp sea salt for every 10 glasses (80oz) of water you drink to replace lost electrolytes.
3. Drink vegetable and fruit juices.
4. Continue to eat wholesome foods, prepared simply.

Accompanying Supplements to Help Get Good Results:

1. Drink Ginger tea to help loosen old, accumulated mucus in your body.
2. Take 1 tbsp Flax seed oil straight chase with lemon or lime water in the AM to help nourish your cells.
3. Lemon or lime water in the mornings to help cleanse your digestive tract, alkalize your body to start the day.
4. Take liquid or powdered calcium 500 mg 2 times daily while getting slim (they are more easily absorbable).
5. Drink a smoothie made of a handful of kale, spinach, & berries, 1 banana, 2 oz yogurt, 1 tbsp flax oil and 1 cup water.
6. Hot treatments are greatly beneficial for your health and wellbeing. For good results, you will need at least 4 sessions. Follow your instructions and book your next appointment.

Dr. Kalu Says Thank you!