

## PEAT PELOID PACKS AND BATHS

**INTRODUCTION:** The term *peloid* refers to the pulp of a substance. The most common peloids are made of peat, lake mud, sea mud, or plant material. For more than 200 years in Europe, peloid packs and baths using peat have been used for medicinal purposes. Low moor peat contains nitrous substances and other biologically active substances that make it medicinally useful.

**HOW IT WORKS:** Peat is about 90% water and about 10% decomposed plant material. The plant material entraps heat. Placed in a heated pack or bath and put in contact with the body, the peat slowly and gently transfers heat into the tissues, soothing pain and promoting healing. Peat packs and bath additives are made from finely textured natural peat from the world's most notable peatlands. The peat bath gently removes dead skin cells and enhances circulation, leaving the skin feeling soft and glowing. The treatment promotes circulation, stimulates the immune system, promotes muscular relaxation, relieves pain and inflammation, breaks down fat cells, detoxifies the body, and improves range of motion.

**INDICATIONS:** *Peat packs* are used for skin care and for treating acne, arthritis, chronic gout, headaches, hematomas, muscle tension, fractures, osteoarthritis, rashes, psoriasis, muscle strains, and general wear and stress on the joints and spine. *Peat baths* are used for post-operative rehabilitation, general detoxification, and the treatment of back pain, PMS, lumbago, sciatica, fibromyalgia, osteoarthritis, rheumatoid arthritis, gout, trauma, strains, sprains, fractures, sports injuries, metabolic disorders, obesity, gynecological disorders, orthopedic or neurological disorders, eczema, colds, flu, and stress.

**CONTRAINDICATIONS:** Treatment with peat packs or baths may not be suitable for patients who are pregnant or who have cardiac, pulmonary, or respiratory insufficiencies, acute hypertension, or diabetes. Adverse reactions including nausea, headache, dizziness, tingling, or numbness should be reported immediately to the therapist.

**TREATMENT PROTOCOLS:** For a *peloid peat pack* treatment, a small bag of heated, medicinal peat moss is placed on the part of the body to be treated. The peat is covered by a warm, wet wash cloth and held in place with a rolled, folded bath towel. Another towel is applied over the top. The therapist keeps a cup of cold water on hand to re-wet the wash cloth if the pack gets too hot.

For the *medicinal peat bath*, a bath is filled 10 inches from the top with water at a temperature of 105-113°F. The duration and temperature of the bath depend on the condition being treated. Peat is added to the bath, and the patient enters the water slowly. The peat helps maintain the temperature as the water slowly cools. The patient remains submerged below the neck for 8-20 minutes, and is then helped from the tub and onto a table covered in a clean sheet. Two or three wool blankets are wrapped around the patient's body. The patient remains wrapped for about 30 minutes to stimulate perspiration. Patients are advised not to shower for 12 hours after a peat bath to allow the peat additives to continue to be absorbed.

