



## The Caution with Chinese herbal Steam Bath

### 中藥薰洗注意事項(英文)

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#### **Preface**

Chinese herbal steam bath is an important external treatment of Chinese medicine. The treatment combines electro-thermal effect of modern medical instrument which enhances the permeability of herbal steam bath. Through it, medicine can amplify its therapy to go deeper into the middle and surface level of the skin.

#### **What is "Steam Bath" ?**

The fomentation steam bath was called "shower" in ancient time. It is to put herbs and water in the pot; and boil them to turn it into steam for patients to wash the injured place.

#### **The advantage of Steam Bath**

It is used for joint relaxation, channeling meridians, and activating stasis of blood flow.

#### **The indication of Steam Bath**

Chinese herbal steam bath is good for stiffness, spasm, soreness, hematoma, or numbness caused by injuries of four extremities, the low back pain and shoulder pain.

#### **The contraindication of Steam Bath**

1. Patients with skin allergic reaction
2. Patients with open wound

## What is “herbal wash” ?

Herbal wash is made by several kinds of Chinese herbs mixed with rice wine or 95% alcohol. It is good for stimulating blood stasis, improving blood circulation, decreasing swellings, easing painful feeling, and activating Qi in the meridians.

## Procedures and Cautions

1. Before you turn on the switch, be sure to add at least 3 quarters of water in the pot.
2. Turn on the power.
3. When it reaches 110 °C, vapor will float out.
4. Take herbal wash cotton sticks to massage gently on the affected area before steam wash.
5. Keep 10 ~ 15 minutes interval in between and maintain your distance with steam at least 1 meter away; when your skin turns reddish, don't panic but do watch out potential burns.
6. Do not touch the machine, the bottle and the tube to prevent burning injury.
7. Whenever there is uncomfortable feeling during the bathing procedure, notify our medical staff for help.

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若有任何疑問，請不吝與我們聯絡  
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