

Lewis Technique

You will need:

- White cotton gloves and/or white cotton socks
- Prescription topical medication
- Aquaphor, Vaseline, or petroleum jelly

Instructions:

1. Turn gloves or socks inside out and soak in water. Wring slightly and leave moist.
2. Soak hands or feet in warm water for 10-15 minutes.
3. Take out of water, then massage prescription topical ointment OR Aquaphor, Vaseline, or petroleum jelly into hands or feet.
4. Cover with the slightly moist gloves or socks.
5. Then cover with plastic gloves or plastic bags. It should feel tight, but make sure it is not cutting off circulation!
6. Leave on for at least 1-2 hours, or overnight.
7. Remove and wash off.

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