

Benefits of Paraffin

Rehabilitation specialists, massage therapists, and the spa industry have endorsed paraffin therapy for its therapeutic properties. Physicians have long known that paraffin therapy is a veritable way to speed healing and soothe muscle and joint pain. In fact, the healing qualities of paraffin wax therapy have been known for centuries.

The use of paraffin wax therapy can be traced all the way back to the Roman Empire. In those ancient times, the Romans would pour hot waxes on the body in preparation for massage therapy. Later the French embraced paraffin therapy by melting paraffin wax and spreading it on wounds to accelerate healing. In World War I, the British used paraffin wax therapy as a protocol to treat orthopedic disorders in military hospitals. In modern times, paraffin therapy is quite common and widely used to aid in the treatment of conditions such as the following:

- Arthritis
- Bursitis
- Eczema
- Fibromyalgia
- Fibrositis
- Inflammation
- Muscle Spasms
- Overworked/Fatigued Muscles
- Psoriasis
- Scar Tissue
- Stiff Joints
- Tendonitis
- Tennis Elbow
- And more...

Paraffin therapy is also widely used in the treatment of sports related injuries and other conditions where heat therapy and exercise therapy are needed. One of the overlooked benefits of paraffin therapy is that it soothes and moisturizes the skin, opens pores, increases circulation, and promotes a sense of calm in the patient.

Paraffin wax occurs naturally as a component of crude mineral oils. Paraffin wax is produced by refining or separating the wax out of the crude mineral oils. It is then purified through boiling and then chilled and pressed through a filter which creates a heavy oil, or paraffin wax. Paraffin has been laboratory tested to be hygienically safe to use. It is colorless, tasteless, odorless, and extremely heavy in molecular structure. Since paraffin is heavy in molecular weight, it increases the blood supply to the area being treated and traps moisture from underlying layers of the skin, resulting in rejuvenated and nourished skin. Paraffin therapy reduces pain and stiffness around joints by removing excess fluid from surrounding tissue while providing lubrication.

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