



Commonly used for:

- Knee, elbow and calf discomfort
 - Tired, stiff or overworked legs and arms
 - Sensations of tightness or heaviness in the limbs
 - Discomfort after physical activity or long periods of standing
 - Growing-related leg discomfort and restlessness, in children
 - Cold or sensitive knees, elbows and calves
 - Supporting comfort during rest and relaxation
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Please read this leaflet carefully before use.

How Hydrotherapy Works

Hydrotherapy has been used for more than 200 years and is supported by well-understood physiological reactions.

When the skin is cooled, the **blood vessels narrow** (vasoconstriction), **reducing local inflammation** and **slowing down the transmission of discomfort signals through the nerves**. After a short time, the **body naturally sends warm, fresh blood to reheat** the area — a reflex effect known as **reactive hyperemia**.

Warm applications have the opposite effect: they **widen blood vessels** (vasodilation), **increase circulation**, relax muscles and soft tissues, and can support **natural drainage**.

The **PRIESSNITZ THREE-LAYER** method — which **HYDROCURE WRAPS®** are inspired by — **COMBINES BOTH** thermal effects in a gentle, controlled way. A cool, damp inner layer first causes **vasoconstriction** (narrowing of the blood vessels). After a short time, the body naturally warms the area, leading to **vasodilation**, creating an alternating thermal response. This promotes **microcirculation**, enhances local metabolic activity, and supports the body's natural ability to restore comfort and balance.

How to Apply

Cold Wet Priessnitz Application

1. Remove the inner cotton liner.
2. Soak in **COLD** water (**COOLER** for sensitive users).
3. Squeeze out excess water.
4. Insert into the wrap.
5. Place around the head.

Cold Dry Application

Use a chilled cherry-pit or buckwheat insert.

Warm Dry Application

Warm the removable liner on a radiator or by briefly touching it with an iron on a low heat setting. If you prefer, you may warm a cherry-pit pillow in the microwave and place it inside the wrap. Do not overheat any part of the wrap. **Insert the warmed liner or pillow and secure the wrap comfortably.**

For users familiar with traditional natural remedies, the removable inner liner includes a small sewn pocket designed for optional herbal or natural applications. You may place a mild herbal infusion–soaked pad, a small amount of herbal ointment, or traditional ingredients such as lemon, onion, or curd into the pocket to enhance the calming effect.

This method is recommended only for experienced users who understand how to apply natural remedies safely.

Safety Information

- Do not use on open wounds, inflamed areas, or eczema-type skin conditions.
- Do not use if skin sensitivity is reduced.
- Stop use if irritation occurs. Do not freeze the insert solid.
- Do not over-tighten.



Suitable for children under 3 years based on safety testing by the *National Health Institute of the Czech Republic*.

HydroCure Wraps® support natural comfort but do not replace medical treatment.

Care Instructions

- Machine wash at **40°C / 104°F**
- Close Velcro before washing
- Air dry only
- Protect from sharp objects

Materials

- Outer: 100% cotton
- Liner: 100% cotton
- Core: Polyester / cotton / polyurethane blend
- Fastening:** Velcr

Manufacturer & Distributor

Manufacturer: Mamavis Healing Care s.r.o.,CzechRepublic
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