



## Hydrotherapy and Aromatherapy Indicated for Symptoms of ~Hypothyroidism~

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Hypothyroidism is a condition of the thyroid gland where thyroid stimulating hormone (TSH) is elevated because the thyroid gland is not functioning properly. The less functional the thyroid gland is, the more TSH the pituitary releases.

Symptoms associated with thyroid disease are many, but the main and most aggravating complaints are:

- general and muscle fatigue
- brain function (most specifically problems with memory)
- dry coarse skin, hair loss
- skin conditions such as psoriasis
- depression
- cold intolerance
- anxiety
- menstrual irregularities

It is also not uncommon for clients with thyroid disease to suffer from chronic muscle fatigue with stiff painful joints. Clients would benefit greatly by simultaneously using a contrasting hydro treatment. For instance, ice packs and ice stroking can be used on large muscle groups and trigger points while the client lies on hot compresses or fomentations to keep core body temperatures stable. This would make any intolerance to cold more bearable. Another added benefit would be the invigorating sensation and stimulus of the ice offsetting the draining effect that heat tend to have on these individuals.

In conjunction with hydrotherapy, a fine balance of invigorating, yet soothing blends of essential oils can be used to enhance and add dimension to the massage experience. Blends that relax while jump-starting the nervous system will prove to be most essential to the well-being of the hypothyroid client. I have chosen a blend of 2 herbaceous, 1 citrus, and 1 floral aroma that, when combined, should do just that.

**Rosemary-**

Warm and stimulating, strengthens mental awareness and memory; may be beneficial for rheumatism and arthritic joints, increases blood flow, antiseptic and microbial agent, protect against infection.

**Clary Sage-**

Indicted for hysteria, panic, paranoia, antidepressant properties, relaxant and aphrodisiac, euphoria; can be beneficial and balancing to female reproductive system, menstrual pain, cramps and amenorrhea.

**Bergamot-**

Is uplifting, antidepressant, balancing, calming.

**Ylang Ylang-**

Both Shea butter and Ylang Ylang are used to strengthen hair, add luster to skin, and calm.  
(Because clients with hypothyroidism suffer from skin conditions and dry skin, I've chosen to use a blend of Shea butter diluted with carrier oil.)

***This blend addresses many needs of the hypothyroid client.***

*I call this blend:*

*~Clara Scintilla~*

*\*Shea butter contains natural latex and should be patch tested on individuals with sensitivity to latex.*

Susan L Davis  
Hydro & Aromatherapy