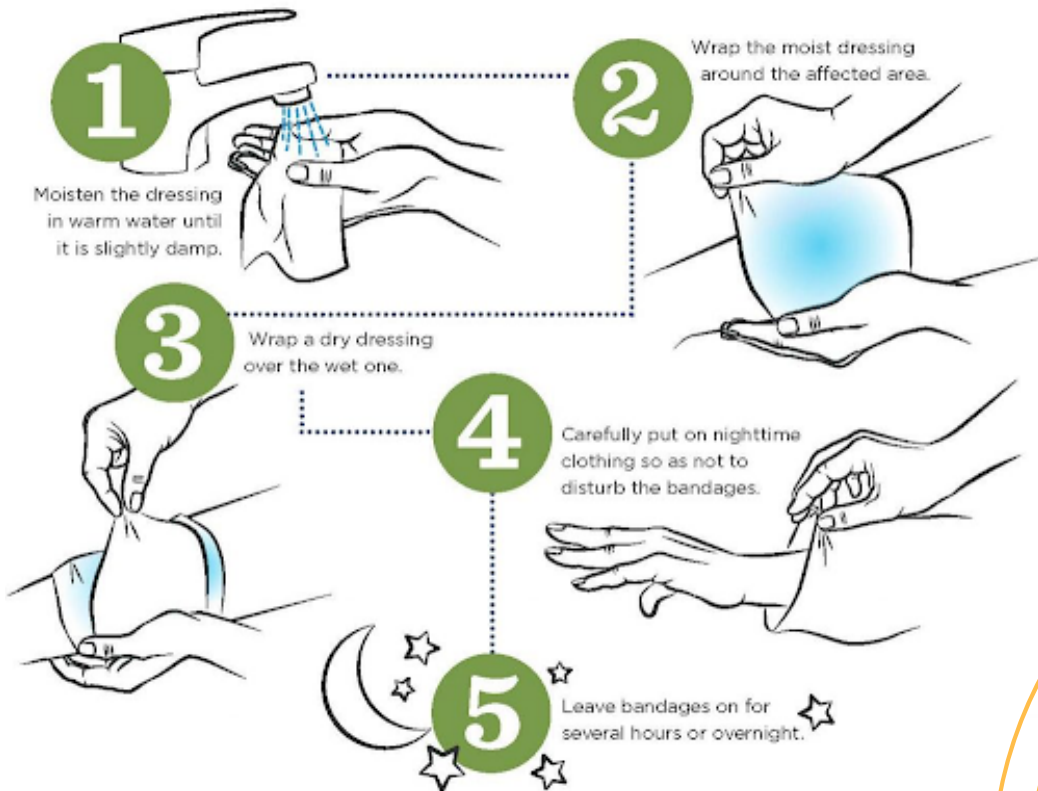


Wet Wrap Therapy

ALLERGY AND ASTHMA CENTER OF BOSTON

Basic Steps:



Tips:

- Best done after bathing, moisturizing, and applying medication
- Use clean, preferably white, cotton clothing or gauze for the wet layer, and pajamas or a sweat suit on top as the dry layer
- For the feet and/or hands, you can use cotton gloves or socks for the wet layer with vinyl gloves or food-grade plastic wrap as the dry layer