

COLD EXPOSURE (FACE) SCRIPT

Cold exposure for the face is a targeted therapeutic practice that involves briefly exposing the facial area to cold temperatures—most commonly by immersing the face in ice water. Unlike full-body cold exposure (such as cold showers or ice baths), this method focuses specifically on stimulating the skin, blood vessels, and nerves of the face to trigger localised physiological responses.

Here are the steps of the Energy Flow® Cold Exposure (Face) exercise:

1. Prepare a bowl of ice water.
2. Dip your face into the ice water, ensuring exposure to the entire facial area.
3. Hold your face in the water for a few seconds to experience the cooling effect.
4. Lift your face out of the water and allow the excess water to drip off.
5. Pat your face dry gently with a towel.

Reflection questions:

1. How did you feel before immersing your face in the cold water?
2. What sensations did you notice during the cooling effect on your face?
3. How did your body and mind respond to the cold exposure?

4. Did you notice any changes in your breathing, heart rate, or thoughts during or after the practice?