

## Advantages of paraffin wax:

- Low specific heat allows for application at higher temperature than water without the risk of burn.
- Low thermal conductivity allows for heating of tissues more slowly than reducing the risk of overheating the tissues.
- Molten state of wax bath allows for even distribution of heat to the areas like fingers and toes.
- Oil used in wax bath add moisture to the skin.

- Relatively inexpensive to replace wax.

Disadvantages :-

- Effective only for distal extremities in terms of ease of application.

- Most effective method of application is the bath method or pouring method with which limits the application for the other body parts treated effectively.

- No method of temperature control once applied.

- Heating last only for 15-20 minutes.

- Exercises may not be performed simultaneously.