

Most experts agree that it is best to take not cold or hot, but a warm shower. The water temperature should be from 36 to 41 degrees Celsius. But there are times when it is worth washing only with cool water.

In case of illness

In this case, the ideal option would be a shower or a bath with warm water. Its temperature should not exceed 41 degrees Celsius.

With sunburn

In this case, a shower or bath with cool water, as well as applying cold compresses, can alleviate the condition in this case. A hot shower will only aggravate the symptoms and cause skin irritation.

For healthy skin

The fact is that hot water (above 40 degrees Celsius) can disrupt the natural protective barrier of the skin. It is also able to dry the skin, aggravate eczema. At the same time, cold water, according to some studies, reduces inflammation, narrows blood vessels, temporarily narrows and closes pores.



Tatsiana Volkava / Getty images

For shine of hair

The effect of water at higher temperatures leads to greater water loss with skin and hair. So show some studies. Experts recommend washing hair with cool or warm water.

To relieve muscle pain

Athletes after the competition are doused with cold or ice water. Such a procedure facilitates the constraint of the muscles and pain in them, contributes to their accelerated restoration, reduces their damage, increases muscle performance after recovery.

With a headache

According to some reports, a warm shower can relieve headache. If the pain is caused by

stress or stress, then a hot shower or bath will help you relax.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.