

Spa benefits

Hydrotherapy

Hydrotherapy uses the properties of water to relieve a painful body and speed up the muscle repair process. The combined effect of water mixed with air and heat has revealed beneficial effects that have been known for thousands of years in cultures around the world. In Ancient Egypt, it was customary to take baths in hot water with plants and flowers. The Greeks believed that water therapy was essential to good health.



The golden rules of hydrotherapy :

- Position and type of hydromassage jets.
- Regulation of jet pressure.
- Possibility of changing the direction of the jets.
- A uniform mixture of air and water.
- Ergonomic massage positions.
- Ideal water temperature.
- Health and relaxation.

Taking care of yourself improves your physical and mental state. Bathing in hot water is one of the oldest customs that man has adopted to relax and look after his physical and mental well-being.

Massage is the key to effective hydrotherapy.



A massage under the impulse of the jets combined with the effects of the water's heat complete the hydrotherapy experience. In a whirlpool bath, buoyancy lightens the body, reducing it to 10% of its normal weight. This relieves pressure on joints and muscles.

Sitting in your spa is a personal satisfaction

Sitting in a spa is a personalised treatment that makes you feel better, not least because it's nice to spend time looking after yourself. What's good for your body is also good for your mind. You'll be amazed at what a 10-minute bath can do for you:

- Speed up blood circulation, helping to relieve tension and headaches caused by stress.
- Soothe stress areas such as the neck and shoulders.
- Stimulate the natural production of endorphins, reducing feelings of pain and anxiety.
- Strengthen your immune system.
- Helps to promote healthier skin.
- Helps to improve the quality of your sleep.
- Helps treat a number of ailments.



The combination of the heat, the sensation of floating and the massage means that spa sessions help your body to resist many illnesses, such as:

- **Chronic pain**
Arthritis, joint or back pain, restless legs syndrome, muscular injuries or fibromyalgia - spa sessions have been proven to reduce these ailments. The warmth of the water increases blood circulation and relaxes the body. The massaging action of the jets and the sensation of floating reduce muscle tension and relieve joint pain.
- **Type 2 Diabetes**
The New England Journal of Medicine (16/08/1999) reports that after 10 days, patients with type 2 diabetes who spent 30 minutes a day in a spa, 6 days a week,



were able to reduce their insulin dose, lost weight, slept better and had blood sugar and haemoglobin glycolysis levels below their usual levels.

- **Insomnia**
For people suffering from insomnia, using a spa helps the body to calm down before bedtime and leads to a natural deep and restorative sleep. Even if you don't suffer from chronic sleep problems, the Better Sleep Council recommends a pre-bedtime routine, such as a spa session, to maintain a healthy, restorative sleep cycle. According to the Council's studies, hot water has the virtues of reducing muscular tension and increasing blood circulation and increase blood circulation. These two effects contribute to relaxation and a healthier, deeper sleep.

Sport and Fitness

Whether it's after regular sports training or after an unusually physical day, most of us experience that feeling of tiredness, sore muscles and aching muscles the day after or the day after the effort.



The water pressure in a spa makes your muscles supple again and reduces pain by eliminating the lactic acid present in the muscles. It helps dilate blood vessels and improves the circulation of endorphins and oxygen.

- Hydrotherapy: recommended for athletes at all levels Sports physician Caroline Nichols of the Women's International Golf League (LPGA) and former President of the American Society of Orthopaedics and Sports Medicine, Dr James Andrews, recommend hydrotherapy for top athletes. Dr Nichols says that spa sessions are particularly helpful for recovery after intensive training or competitions. They help to reduce muscle pain and relieve pressure on the joints. Dr Andrews says that hydrotherapy is an excellent way of improving blood circulation, having a positive effect on the nervous system and relaxing joints.
- At the end of a hard day's work
Immersing yourself in the hot water of a Jacuzzi® spa for a few minutes has beneficial effects on the mental and physical state of the users, whether or not they practise a sporting activity, thanks to the relaxing action of the hot water and physical state of users, whether or not they take part in sporting activities, thanks to the relaxing action of the hot water (around 34-37°C). A spa therefore becomes the ideal place to carry out a few exercises and reap the benefits of hydromassage after physical activity.



Share with family and friends

Are your family relationships limited to tapping away on smartphones during mealtimes? Do you have the impression that the members of your family have turned into hermits? Do you find it difficult to spend time just being together?



A spa gives your family a space away from the stresses and strains of everyday life, and is the ideal place to have a quiet chat away from time-consuming new technology. So, if you're looking for a way to reduce stress, improve your health or simply share some quality time with your family, you'll be amazed at how 10 minutes spent in a spa can help you to relax and recreate the family bond.

The stress of long working weeks, the lack of time to think about yourself and pamper yourself... There's nothing like a personalised hydrotherapy session, at home, enjoying the pleasures of a spa.

Anti-pain, anti-stress, improved sleep, muscle recovery, cellulite reduction... "Spa" actually means "Sanitas per aqua", or health through water, in Latin. Since the dawn of time, all peoples have recognised the benefits of hot water on the body. Today, people all over the world enjoy the pleasure of a jacuzzi.