



## **Curiosities of SPA**

### **Scottish Shower**

The Scottish shower is to use water as a therapeutic agent, resulting in hydrotherapy. Massage is caused by a combination of a vertical stream of water and a pleasant and powerful regenerative massage water jets coming out of 6 nozzles located on the side of the shower.

The hot water is responsible for dilating blood vessels, promoting perspiration, relaxing the muscles and joints. Makes the blood flow and warms the dermis. Meanwhile, the cold water shrinks the blood vessels, reducing inflammation or congestion surface potential. Produces a greater flow of blood to internal organs. The shower does recover alternate energy and improving overall mood.

### **Benefits of a Scottish shower**

- Reactive blood circulation.
- Body skin tones.
- It has stimulant effects. It achieves a sense of superficial micromassage very nice.
- Combat stress.
- It is a natural exfoliant.
- Contributes to the elimination of dead cells.
- Helps to combat cellulite.
- Improves varicose veins and localized adiposity.
- Strengthens the immune system.
- Prevents certain respiratory diseases.
- Veins are trained to expand and contract, which is achieved in winter cold does not feel that fase

## Dry Sauna

The practice of dry sauna is a habit of Scandinavian origin. It consists of a hot air bath followed by a cut of cold water. The dry hot air is what causes the body to resist high temperatures, causing profuse perspiration and the elimination of multiple toxins. The body is subjected to temperatures between 80 ° C and 90 ° C and humidity not exceed 20%. The result is an optimal stimulus for your body feeling, acting locally on the circulatory system.

### Benefits of a dry sauna:

- **About the cardiovascular system:** the heat causes increased heart rate and vasodilation, influencing in turn on muscle metabolism, which is accelerating.
- **Eliminates toxins** by opening the pores to remove the sweat removes impurities from the skin. Also in the own sweat that comes out is removal of waste products such as heavy metals, alcohol and nicotine.
- **Improves respiration:** airway is cleared to make the mucus more fluid. There is evidence that in people with obstructive respiratory disease transiently improve bodily functions.
- **Influence on joints:** heat, combined with the increased circulation and production of endorphins, relieves pain and joint discomfort.
- **Importance in sport:** helps restore the muscles and the body after stress, by allowing recovery from catabolic processes that occurred during exercise. It also enhances osteo-muscular ailments, reducing pain

## Steam Sauna

The practice of steam sauna is a healthy habit that has been adopted by many countries around the world. It consists of a set of three hot rooms at different temperatures:

- The first is 25 ° C.
- The second at 40 ° C.
- The third almost to 60 ° C.

The characteristic saunas are made in wooden rooms, containing a stove fueled by wood or electricity. This hot stones, which sheds water to generate steam, heat intensify and stimulate perspiration. The heat expands the capillaries of the skin to maintain blood pressure, which initially tends to decrease. Heart rate increases to multiply by two to threefold. This translates into increased circulation to the skin surface, similar to what occurs when you walk fast.

## Steam Sauna Benefits

This means of relaxation offers countless therapeutic benefits.

- **Improvement of the sweating response.** The body breathes hot to cool, training and maintaining the functional sweat glands sweat response to promote thermal regulation outside the sauna, especially during exercise or hot weather.
- **Elimination of toxins.** In the sauna removes minerals from the body, helping to expel toxins.
- **Pain relief.** The combination of body heat, improved circulation, releases endorphins and heating stiff joints relieves pain and discomfort. A hot body is also less sensitive to pain.
- **Help for sleep.** By relaxing the body and eliminate many of the pains, the sauna can sleep better.
- **Improvement of cardiovascular function.** Japanese researchers say the use of the sauna can help people with congestive heart failure by improving the efficiency of cardiac pumping and blood flow.
- **Better Breathing.** Researchers in the Netherlands found that in transiently improve obstructive pulmonary disease pulmonary function
- **Relief of arthritis.** The sauna can reduce the effects of rheumatoid arthritis. Russian researchers found that the sauna has a positive effect on the locomotor system and psycho-emotional state in addition to relieving pain.

## **Hydromassage**

The spa is to take a hot bath while enjoying a relaxing massage. It provides a massage the body submerged in water of 38 ° C to 40 C by a pressure jet system. Nozzles where they exit these jets are built into the walls of the tub and can be targeted to areas of the body that seeks to alleviate.

The spa provides relaxation and well-being coveted after a long day in the city. In these baths is left tired and stressed and you get a smile and tranquility desired.

## **Hydromassage Benefits**

The spa is recommended by many specialists as a therapeutic agent.

- Relieves backaches.
- Relax the body and muscles.
- Fights anxiety and insomnia.
- Reduce stress.
- Benefits the mind.
- Generate positive effects on the arterial circulation.
- Benefits of cardiac activity.
- Eliminates toxins.
- Relieves stomach ulcers.
- Enhances the recovery of fractures and muscular injuries.
- Reduces cellulite.
- Possesses analgesic and antiinflammatory effect.
- Contributes to a more elastic skin.