



drömology

wellbeing personified

Relax in the warmth of a sauna, steam room or spa and become aware of your inner self. Inhale healing aromas to revive or ease your soul. Achieve balance and harmony with soothing and energising light treatments. Indulge in time honoured rituals and therapies to release tension and everyday stress. Make time in a busy life to get back in rhythm with your mind and body.

Let us guide you through the bathing processes to help you get optimum benefit from each individual experience. Please be mindful that other disciplines such as a balanced diet, regular exercise and spiritual healing all combine with the rituals in this brochure for continued happiness and total wellbeing.

“Listen to the internal wisdom of your body”.

### Kicki Carlsson

Kicki Carlsson was born and raised in Sweden and learnt about the benefits of sauna and steam bathing from an early age. She has helped to make positive wellbeing more accessible to a wider audience through Dröm UK, which she founded in 2002 with her partner Barry Smith. Kicki is passionate about helping people to understand how to get the best out of their spa bathing experiences and has developed this brochure to explain more about the various rituals and their benefits.



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## SAUNA

A sauna is traditionally a timber clad room with benches, a wood stove or electric heater and stones.

These rooms are commonly built using Aspen, Alder, Cedar, Spruce, Ash or Kelo timber, some of which can be heat treated to intensify their colour and aroma.

Some rooms have feature walls made from slate or stone and glass can also be used for walls and doors to enhance the feeling of space. Both LED lighting and fibre optics are used for ambience, relaxation and mood enhancement through chromotherapy.



### Hints & tips

Scrub wet/sweaty skin with rough-grained sea salt to slough off dead skin cells. This will enhance circulation and allow millions of sweat glands to become more active.

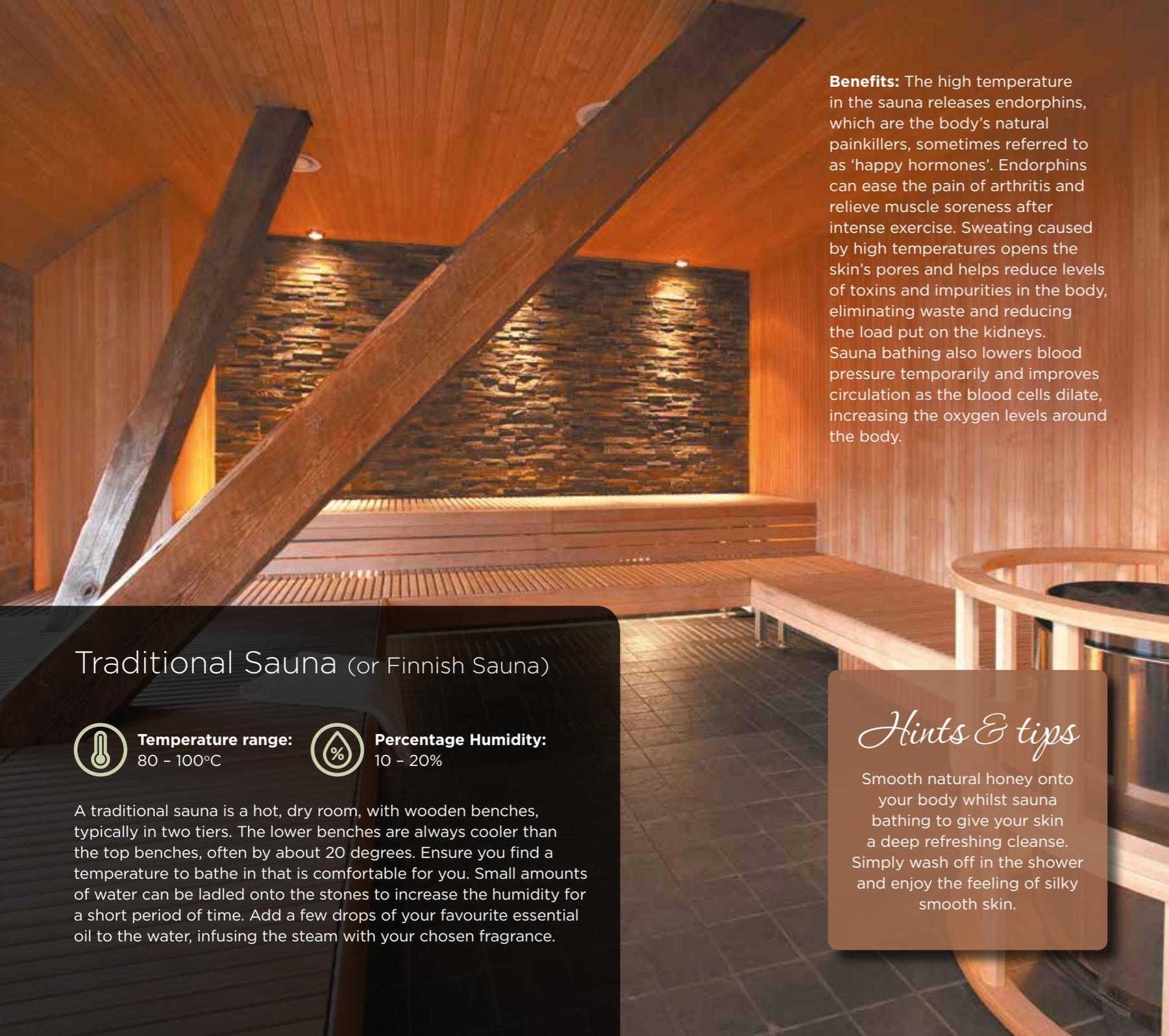
### How to sauna bathe

To get the maximum benefit from sauna bathing it is essential to first take a shower to remove any deoderants and dirt from your skin, allowing the body to sweat more easily. Whilst still wet, enter the sauna and relax by lying or sitting on the benches for about 10-20 minutes. The temperature levels between the bottom and top benches can vary up to 20°C so ensure you sit where the heat feels comfortable to you. Once you are sweating, or feel too hot, leave the sauna to cleanse your skin under a shower and wash away toxins to prevent their re-absorption. You could also cool down with a cold treatment such as cool water, ice or snow. Please refer to our list of cooling treatments on Page 23. Return to the sauna, increasing the humidity if required by ladling water onto the heater stones. A few drops of essential oils can

be added to the water releasing aromas into the air to reinvigorate, relax, heal and provide relief from stress. Please see our Aromatherapy section on page 26 for more information on the benefits of individual essences. After another 10-20 minutes, take another cooling shower and dry off. Always ensure you rehydrate by drinking lots of water or fresh herbal tea before, during and after bathing to replace the minerals lost during sweating. Rehydrating properly helps to avoid possible headaches and fatigue. If possible, fill up your oxygen level and cool your lungs by taking deep breaths of fresh air.

This process of sauna bathing can be repeated as often as you feel comfortable and can be applied in all the sauna rooms discussed in this brochure.





**Benefits:** The high temperature in the sauna releases endorphins, which are the body's natural painkillers, sometimes referred to as 'happy hormones'. Endorphins can ease the pain of arthritis and relieve muscle soreness after intense exercise. Sweating caused by high temperatures opens the skin's pores and helps reduce levels of toxins and impurities in the body, eliminating waste and reducing the load put on the kidneys. Sauna bathing also lowers blood pressure temporarily and improves circulation as the blood cells dilate, increasing the oxygen levels around the body.

## Traditional Sauna (or Finnish Sauna)



**Temperature range:**  
80 – 100°C



**Percentage Humidity:**  
10 – 20%

A traditional sauna is a hot, dry room, with wooden benches, typically in two tiers. The lower benches are always cooler than the top benches, often by about 20 degrees. Ensure you find a temperature to bathe in that is comfortable for you. Small amounts of water can be ladled onto the stones to increase the humidity for a short period of time. Add a few drops of your favourite essential oil to the water, infusing the steam with your chosen fragrance.

### *Hints & tips*

Smooth natural honey onto your body whilst sauna bathing to give your skin a deep refreshing cleanse. Simply wash off in the shower and enjoy the feeling of silky smooth skin.



## A Sauna Master (or Aufgiesser)

Everyone should sauna bathe with a Sauna Master at least once. It is impossible to give an exact description of what they do as each Sauna Master will have their own techniques and rituals. However the experience will always involve aromatherapy and heat manipulation.

Generally, the Sauna Master will pour water enriched with essential oils onto the hot stones, creating a burst of scented steam, releasing the health properties of each essence. This makes the air more humid and the heat feels more intense.

They will start waving a towel, using different movements, to agitate the hot air and circulate it around the sauna, intensifying the sensation of heat. Then they fan the bathers by wafting the towel in front of them creating a wave of heat that rushes over their body. The bathers breathe deeply, inhaling the healing vapours of the essences.

The Sauna Master will encourage bathers to leave and cool down before repeating the process several times.

## Banya (or Russian Bathing)



**Temperature range:**  
70 – 110°C



**Percentage Humidity:**  
40 – 70%

A Banya traditionally incorporates a wood burning heater. Water is generously ladled onto hot stones, or even thrown at the walls, to increase the humidity in the room. To protect the head from overheating in the high temperatures, bathers often wear Sauna hats which can first be dipped in water to aid the cooling process. Often a massage is carried out using a fragrant bundle of thin leafy twigs bound together called a Venik, or Vihta (see below). This is said to release toxins through the skin, ease muscle tension and improve blood circulation.

**Benefits:**  
Same as Traditional Sauna.

## Venik Massage (also called Vihta Massage)

There are several techniques involved in a Venik massage – waggling, compressing, stroking and lashing. It is best to use these techniques one after the other.

**Waggle** – flutter the Venik just above the body to create an air flow that warms the body up for more intense procedures.

**Stroking** – gently press the Venik against the body and draw it from head to toe and back again.

**Compress** – raise the Venik up to the warmer air, shake it to gather the heat, then press firmly against the body for 2-3 seconds

**Lashing** – Light sliding hits with the Venik.

Alternate stroking and lashing, then combine compressing and lashing – lash the body two or three times and then press against the body for 2-3 seconds.

Generally, this is carried out by an experienced masseuse.

For more information | [www.dromuk.com](http://www.dromuk.com)



## Herbal Sauna

 **Temperature range:**  
50 - 70°C

 **Percentage Humidity:**  
25 - 40%

An herbal sauna is very similar to a traditional sauna, although is often slightly cooler. Fresh or dried herbs of your choice are put into a small amount of water in a bowl or dish suspended over the heater stones. In commercial saunas, a tray of herbs is placed above the heater and water is dripped over the herbs from a tap. As the herbs heat up in the water, their aroma is released gently into the room.

As in the traditional sauna, the lower benches are always cooler than the top benches so bathe where you feel the most comfortable. Ladle water over the stones to increase humidity for short periods.

**Benefits:** Different herbs have different benefits - for example: peppermint and eucalyptus are decongestants and stimulate circulation. Lavender and rosemary can relax you and ease anxiety. For a more extensive list of benefits please see our Aromatherapy Section on page 26.



## Soft Sauna (Combi Sauna)

 **Temperature range:**  
45 - 65°C

 **Percentage Humidity:**  
45 - 65%

A Soft Sauna sits between a traditional sauna and a steam room in terms of temperature and humidity. The combination of the lower temperatures and increased moisture in the air makes the heat less intense than a traditional sauna or Banya. Although this is not a 'dry' sauna, it is still essential to shower before bathing to remove impurities and toxins. Sit where you feel most comfortable and relax in the warmth. Essential oils can be added to the water and ladled onto the stones to stimulate or relax the senses.



**Benefits:** The lower temperature and increased humidity provides a gentler form of sauna bathing which can be enjoyed for longer and is popular with women and children. The sweating process is encouraged to start quicker than in a traditional sauna.

Different fragrances can change your mood by relaxing or reinvigorating your senses. They can also help with mild ailments such as respiratory problems, coughs and colds. (Please see our Aromatherapy Section on Page 26 for a more extensive list of benefits).



# Thermal Rooms

Thermal rooms are traditionally clad in stone, mosaic, ceramic or porcelain tiles or polished plaster. Benches, loungers and massage tables are usually tiled or marble topped and often ergonomically shaped.

Lately the use of Corian for benches has become more popular. This is due to its clean lines and hygienic properties, as there is no grouting to clean. Glass can be used for doors and walls to enhance the feeling of space and light. The addition of LED lighting and fibre optics are used for ambience, relaxation and mood enhancement through chromotherapy. Aromatherapy fragrances can be released into the room via the reservoir on the steam outlet, or through an automatic fragrance dispenser to enhance the mood further.

## Steam Room



**Temperature range:**  
35 - 50°C



**Percentage Humidity:**  
95 - 100%

A more extreme experience is the 'hot baptism' where a strong blast of air enters through a nozzle in the ceiling pushing the hot steam down onto the bather.

### Benefits:

The heat produced by the steam helps the blood vessels to dilate increasing circulation throughout the body. This can help provide relief from headaches and also boost your immune system. Toxins in the body are eliminated through sweating leaving the skin clearer and softer (especially if you exfoliate when bathing). Inhaling steam is a great treatment for respiratory complications and is recommended for dealing with the common cold, flu, bronchitis, sinusitis, asthma, and allergies. Dry air passages are moistened and mucus is loosened by coughing or blowing the nose. The moist air also alleviates difficulty when breathing, throat irritation and inflammation of the airways.

Essential oils work particularly well in steam rooms as the oil is gently infused into the steam, filling the room with your chosen fragrance.

A traditional steam room is a warm room with very high humidity levels. It should ideally have steam as its only source of heat to ensure maximum humidity within the room. Sometimes, however, the floor and benches are also heated for added comfort.

It is important that you shower before bathing to cleanse your skin and remove any impurities.

A steam room should have comfortable, ergonomically shaped seating enabling you to fully relax. Remain seated for as long as you feel comfortable, which can be anything between 5 and 20 minutes. Cool off either with a kneipp hose within the room or with a refreshing shower on exiting.

Use a few drops of essential oil to further enhance your bathing experience. (Please see page 26 for a list of Essential Oils and their benefits)



## Steam Shower



**Temperature range:**  
35 - 45°C



**Percentage Humidity:**  
85 - 100%

A steam shower is usually found within your own home combining an everyday shower with the benefits of steam. A home steam room doesn't take up much more space than many conventional showers. However, you will need to ensure you have enough room to incorporate seating for at least one person.

If required, place some essential oils into the reservoir on the steam outlet. Whilst waiting for the steam to build, shower as usual and wash hair if desired. By the time you have finished the steam should be ready. Sit and relax for 15 minutes or however long feels comfortable and then turn on the shower for a refreshing cool down.

### Benefits:

The same as for a Traditional Steam Room.



### Hints & tips

Shaving in a steam room or steam shower at home is a more soothing experience as the pores are open due to the heat and steam which leaves the skin softer. It is also beneficial to leave conditioner in your hair whilst relaxing in the steam as it conditions more deeply.





## Caldarium



**Temperature range:**

To relax: 30 – 40°C

To sweat/purge:

50 – 55°C



**Percentage Humidity:**

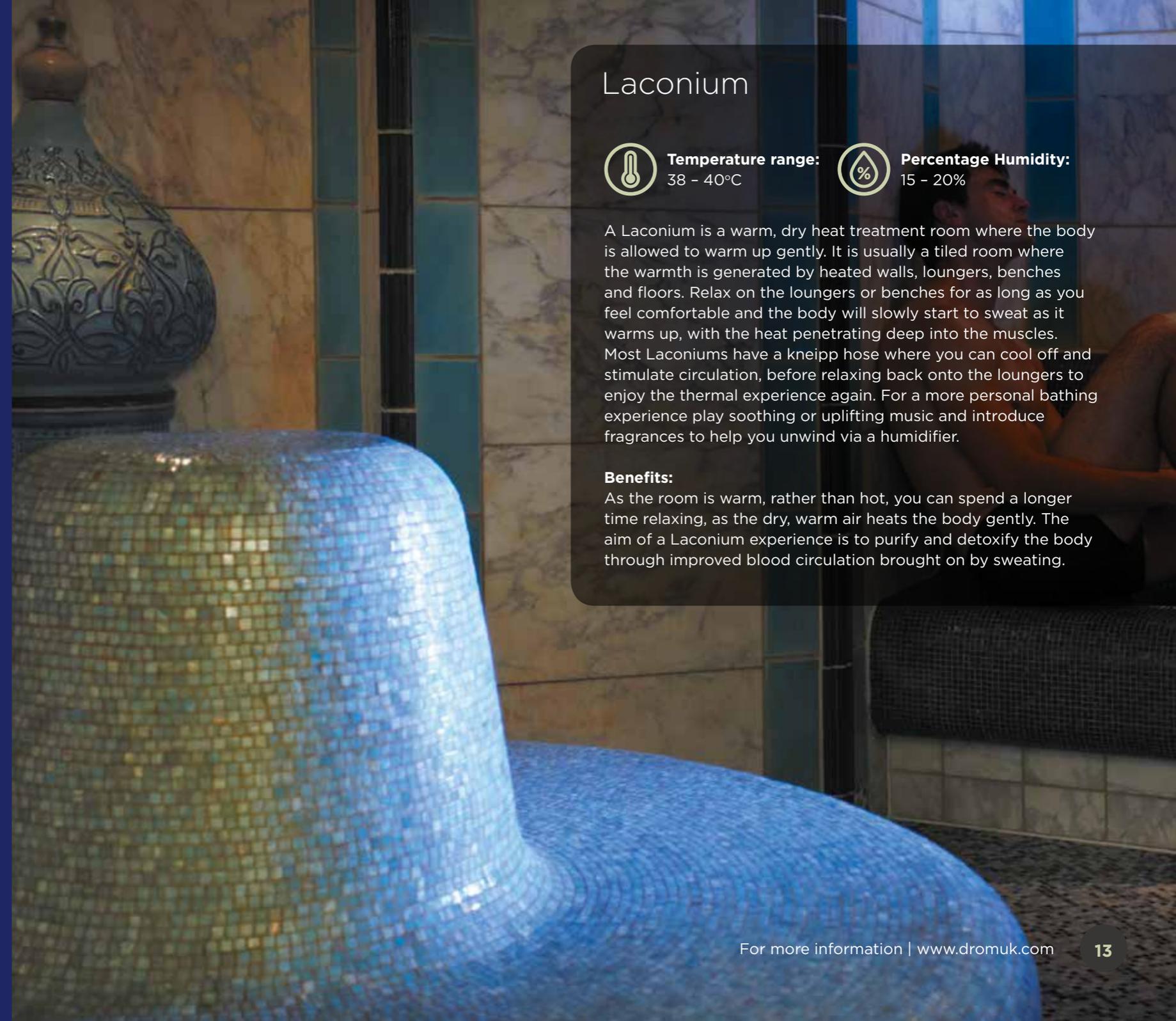
40 – 50%

This is a warm or hot room with gentle steam. The floor and walls are usually heated, but the air temperature is usually lower than the heat in the walls which makes it easier to bathe for longer. Some Caldariums incorporate heated plunge baths.

Relax on the loungers to let the steam open your pores and clean your skin. If preferred, rub on scented oil or exfoliants to help the skin cleaning process. If a plunge pool is not available, hoses may be provided for cooling off and refreshing.

**Benefits:**

The heat of the caldarium promotes blood circulation, stimulates metabolism and has a positive effect on the respiratory, circulatory and immune systems. Some caldariums have chromotherapy lighting and essential oils can also be used to stimulate the senses.



## Laconium



**Temperature range:**

38 – 40°C



**Percentage Humidity:**

15 – 20%

A Laconium is a warm, dry heat treatment room where the body is allowed to warm up gently. It is usually a tiled room where the warmth is generated by heated walls, loungers, benches and floors. Relax on the loungers or benches for as long as you feel comfortable and the body will slowly start to sweat as it warms up, with the heat penetrating deep into the muscles. Most Laconiums have a kneipp hose where you can cool off and stimulate circulation, before relaxing back onto the loungers to enjoy the thermal experience again. For a more personal bathing experience play soothing or uplifting music and introduce fragrances to help you unwind via a humidifier.

**Benefits:**

As the room is warm, rather than hot, you can spend a longer time relaxing, as the dry, warm air heats the body gently. The aim of a Laconium experience is to purify and detoxify the body through improved blood circulation brought on by sweating.

# Tepidarium



**Temperature range:**  
35 – 40°C



**Percentage Humidity:**  
10 – 20%

A tepidarium usually has heated floors, walls and loungers giving a pleasant feeling of constant radiant warmth. The loungers can be set to different temperatures according to preference and the air temperature can be up to 15°C below the temperature of the walls and the seating. Relax on the lounge and let the radiant heat encourage increased blood flow and circulation. This room is often used before, during and after other spa treatments and is designed to restore the body to its normal temperature of 37°C.

### Benefits:

The warmth of the benches permeates into your skin, relaxing the muscles and encouraging a feeling of wellbeing. The shape of the benches encourages optimal blood flow throughout the body, opening the veins and capillaries allowing blood to the surface of the skin. This helps achieve the healthy glow we always strive for. The dry air can also help to enhance the body's immune defences as well as relieving stress.

# Hammam Rituals

The word hammam means **'spread of warmth'** in Arabic, and can be traced back centuries to the Roman and Ottoman empires. The Hammams were important social institutions and were often annexed to mosques thereby complying with the Islamic religious laws of spiritual and physical purification.

Hammam rituals vary widely from country to country and in differing cultures and the rituals experienced at a 5\* hotel will differ greatly from the experience you receive in a public bathhouse. However, the overall concepts are similar and should all lead to the same feeling of wellbeing and rejuvenation.

Hammam bathing is a journey through a series of chambers of variable temperatures and humidity, each with its own ritual. Most journeys begin with an acclimatisation in a warm room (Tepidarium) where the temperature is approx. 35°C.

Bathers then move to a hot room or Caldarium (approx. 45°C). Here sweating is encouraged before either, cooling down

in a plunge pool, being scrubbed down to remove dead skin cells or experiencing a massage or mud treatment (see page 17), often on a heated stone or ceramic table. Bathers then enter a cooler room to relax and maybe indulge in ritual tea drinking. Hammam attendants (tellaks) are usually on hand if required to scrub you down, rinse you with cold water and massage you.

Plunge pools are available for cooling down in Turkish Hammams whereby Islamic Hammam bathers prefer to wash down with cool water from a hose, basin or bucket. It is important to note that not all Hammams are the same and we recommend to keep an open mind and enjoy whatever rituals are offered.



### Benefits:

As the body temperature rises in the heat, blood circulation increases which boosts the immune system as the blood vessels dilate. The pores of the skin open allowing toxins to be eliminated and dead skin cells are removed through the scrubbing ritual, leaving your skin clearer, softer and glowing. The aromas, rituals and steam also combine to help relieve stress and relax muscles.



## Salt Inhalation

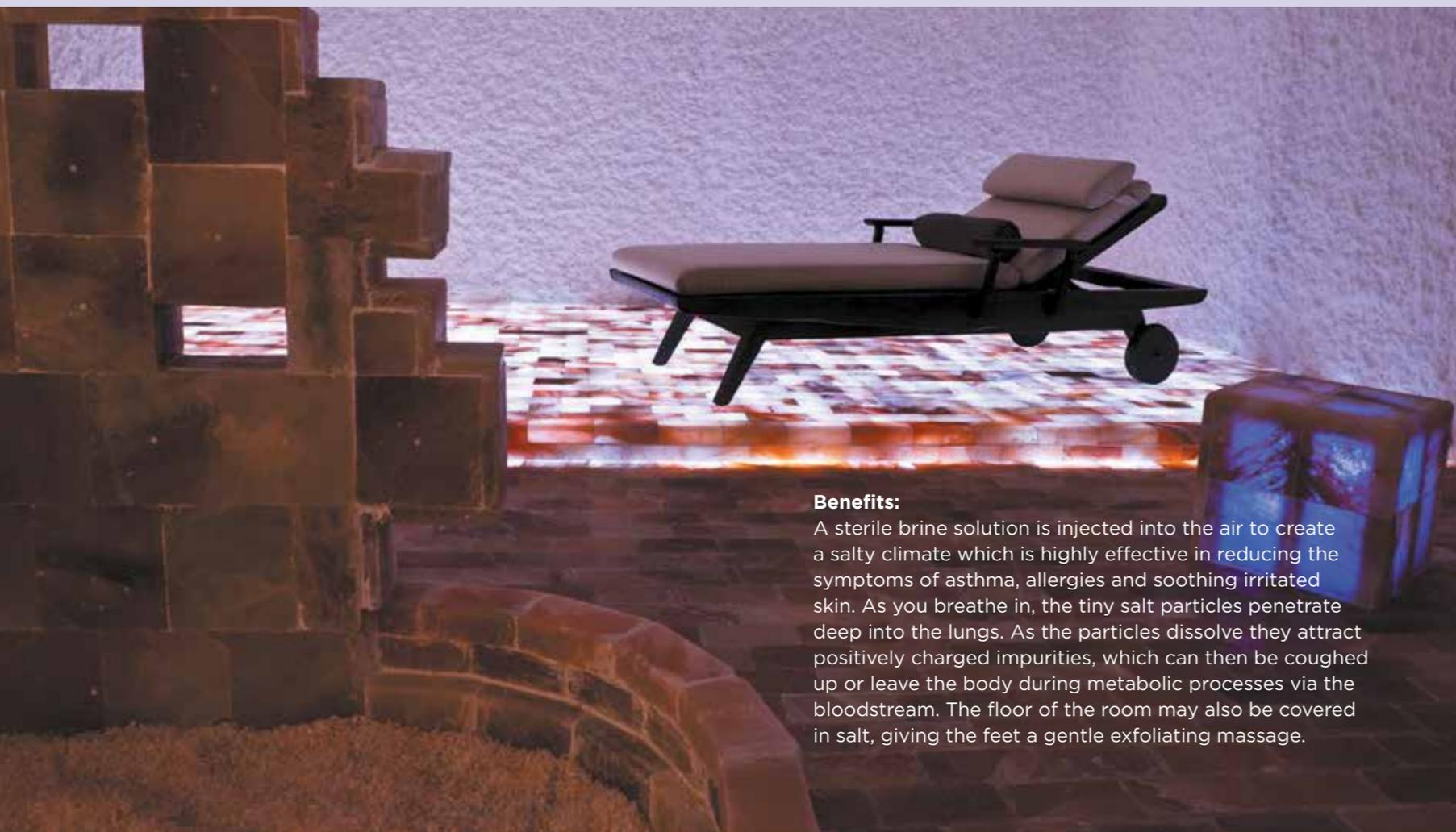


**Temperature range:**  
25 - 30°C



**Percentage Humidity:**  
50%

Salt therapy (or Halotherapy) is believed to aid in relieving respiratory ailments. It is a 100% natural therapy and is safe for children. Comfortable clothing can be worn but no shoes, (white socks are usually given out in spas). Relax on a lounger for around 45 minutes breathing in the salt particles whilst reading or sleeping. This therapy is also referred to as Speleotherapy, when bathing takes place in naturally formed underground caves found in salt mines.



### Benefits:

A sterile brine solution is injected into the air to create a salty climate which is highly effective in reducing the symptoms of asthma, allergies and soothing irritated skin. As you breathe in, the tiny salt particles penetrate deep into the lungs. As the particles dissolve they attract positively charged impurities, which can then be coughed up or leave the body during metabolic processes via the bloodstream. The floor of the room may also be covered in salt, giving the feet a gentle exfoliating massage.



## Mud Treatment Room



**Temperature range:**  
35-45°C



**Percentage Humidity:**  
Variable

This is a traditional body treatment of ancient middle eastern origin. Apply natural, mineral rich muds to the face and body then relax into the warmth of gently heated loungers and enjoy the muted chromotherapy lighting. Gentle steam in the room keeps the mud moist and after approx 20 minutes the treatment is brought to an end by washing away any remaining mud with a warm shower. This sequence can be repeated to lengthen the treatment.

### Benefits:

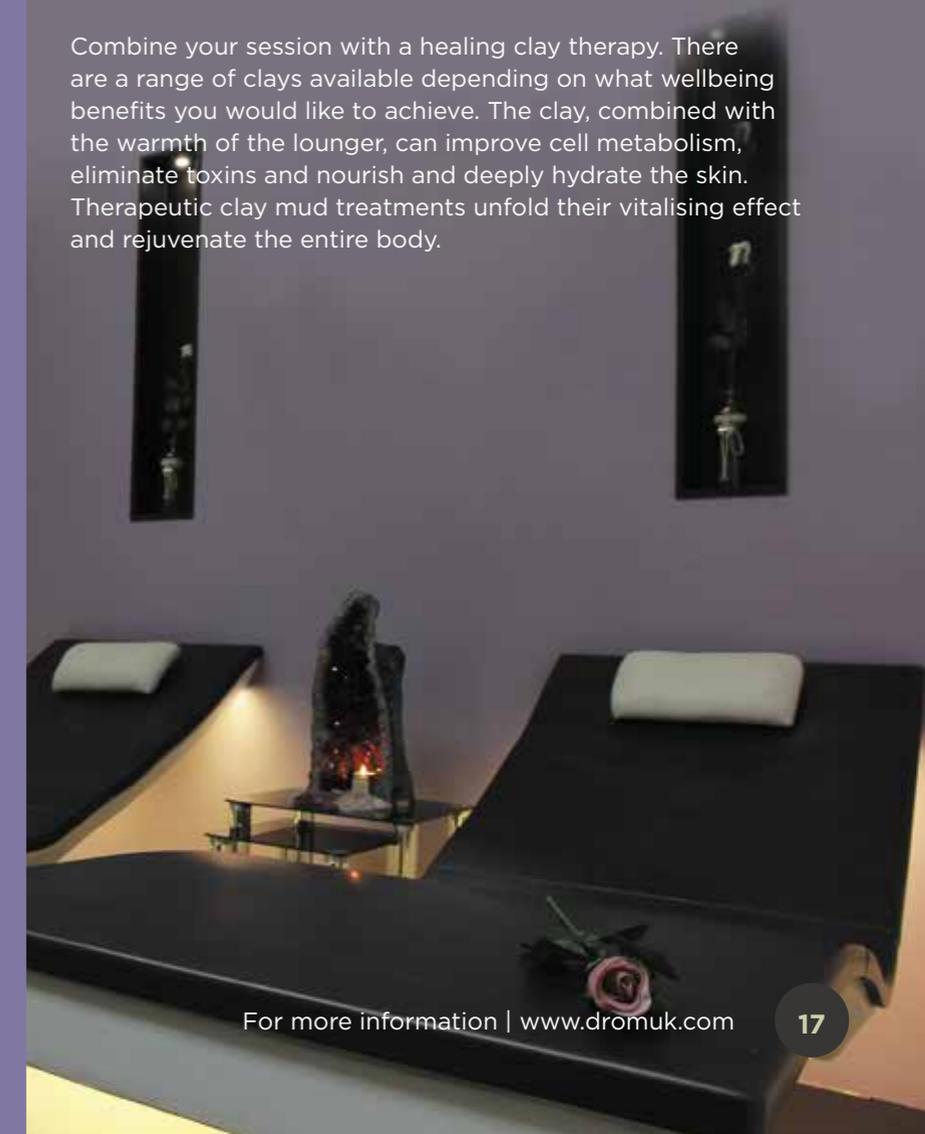
The warmth of the steam opens the pores and allows the mineral enriched mud to enter the body, where it stimulates the blood flow, helps revive the tissue and stimulates the lymphatic system encouraging waste products to be washed away.

## Heated Loungers

Heat storage ceramic is superior to other ceramic materials. It stores heat and emits it back to the body via infrared long wave gentle heat. This makes it a perfect material for wellbeing benches, loungers and massage tables.

The infrared heat penetrates deep into the body relaxing, reinvigorating, soothing muscles, improving circulation and easing joint pain as it is absorbed.

Combine your session with a healing clay therapy. There are a range of clays available depending on what wellbeing benefits you would like to achieve. The clay, combined with the warmth of the lounger, can improve cell metabolism, eliminate toxins and nourish and deeply hydrate the skin. Therapeutic clay mud treatments unfold their vitalising effect and rejuvenate the entire body.



For more information | [www.dromuk.com](http://www.dromuk.com)

## Infra Red



**Temperature range:**  
45 – 60°C



**Percentage Humidity:**  
Relative humidity

Infra rooms have little in common with traditional saunas. In these rooms, infra red heaters convert light directly into heat, warming human tissue without raising the air temperature. To enjoy, sit and relax in the warmth emitted by the infra red panels and feel the deep penetrating heat ease any tension in your muscles.

### Benefits:

Radiant heat and long wave infra red is absorbed by the surface of the skin and is similar to the heat we get from the sun. This heat targets muscles, releases toxins as you sweat and reduces arthritic pain. It also lowers blood pressure and improves circulation. You can also benefit from chromotherapy lighting. Most infra red cabins can be plugged in to a normal socket.



## Floataion Pools

Floataion pools are shallow pools filled with a warm salt water solution. The salt creates buoyancy which leads to a sensation of floating by removing the effects of gravity upon the body. The brain slows down allowing you to enter a relaxed meditative state which can reconnect body and mind, giving the body time to heal and rebalance. The pool area usually has subdued lighting or can be completely dark. Soothing music can be played to further enhance the experience.

### Benefits:

The buoyancy and weightlessness relieves tension from the body and removes all pressure from the joints. It promotes mental and physical relaxation and can relieve stress and anxiety. It also revitalizes and re-energises. Endorphin production is increased thereby alleviating pain and discomfort. Lactic acid and adrenalin production is decreased which helps speed up the healing process of sport injuries. Blood circulation is improved and blood pressure is lowered.

### *Hints & tips*

For those who do not like the idea of floating in water, dry floatation is now available. Relax onto a water bed filled with warm water and experience a feeling of total weightlessness. The constant warmth of the water helps the skin to absorb all creams and lotions more effectively, making it ideal to combine with other body treatments.





# Feature/Experience Showers

Feature showers include several different experiences, each lasting around 30-90 seconds, for example mist sprays, lighting and sound effects, zonal massage jets, thunderstorm and tropical rain functions combined with scented infusions. These are designed to cleanse, relax, revitalize and awaken the senses. The tropical functions may have citrus scents and orange or red chromotherapy lighting. Mist sprays may have blue light therapy and a cooling mint scent. Temperature contrast showers revitalize you by changing the temperature from the bottom to the top. Water jets massage the body which also revitalize and invigorate.

The experience shower is an important part of any spa treatment, as the temperature changes boost the immune system and also improves blood circulation and lymphatic drainage.

## Vichy Showers

A Vichy shower is a horizontal shower with a series of showerheads positioned on a moveable overhead arm. The bather lies on a treatment bed, with drainage on the sides and is massaged by the flow of water from above, which can be as much as 50 litres a minute. Alternatively a therapist will perform a massage with the water keeping the bather warm. There is the option of using mineral water or salt water which can change the effect of the treatment.

## Horizontal showers

Horizontal showers are similar to Vichy showers but without the adjustable heads. The bather lays on a heated slab and the water massages the body using varying sequences of pressures and temperatures.

**Benefits:** Muscles are soothed and relaxed. The water stimulates blood circulation and lymph activity which can strengthen the immune system and helps to detoxify the body by eliminating waste products. It also hydrates the skin and helps to soothe the nervous system.

A Vichy shower is particularly effective in conjunction with a spa treatment such as a body wrap, as the water helps to circulate the products that have been absorbed around the body quicker.



*Horizontal Shower*



# Cooling Treatments

**Benefits for all these treatments:** The extreme cold provides instant cooling after thermal bathing which causes the blood vessels to contract, stimulating blood circulation and oxygen intake and also boosting the immune and lymphatic systems. This also aids muscle recovery after sport.



## Ice Cave

Temp range: 4-10°C  
Percentage Humidity:10%  
After bathing in one of the warmer rooms, step in to an ice cave for 5-10 minutes to cool down in temperatures between 4-10°C. Lean against the ice covered walls or rub crushed ice over yourself from an ice fountain.



## Ice Fountain

An ice fountain or ice chute provides ice flakes to rub over your body after sauna or steam bathing. The ice stimulates circulation and oxygen intake. It also gently exfoliates the skin helping to eliminate toxins.



## Snow

The perfect way to cool down (if it is readily available) is to roll around outside in the snow! Alternatively step into a Snow Room and rub snow over your arms and legs for an invigorating experience. This treatment can also help alleviate inflammation and joint pain and reduce stress.



## Plunge Pool

Plunge pools were originally small, deep lakes or ponds. Nowadays they are generally man made and offer a refreshing, revitalizing dip to close the pores and cleanse the body following a thermal experience. This often forms part of a bathing sequence with hot and warm rooms.



## Drench Bucket

The drench bucket is an invigorating hydrotherapy experience designed to cool the body instantly. By pulling a cord, the overhead bucket releases a downpour of cold water over your body. Your pores close in the sudden change of temperature thereby improving skin tone.



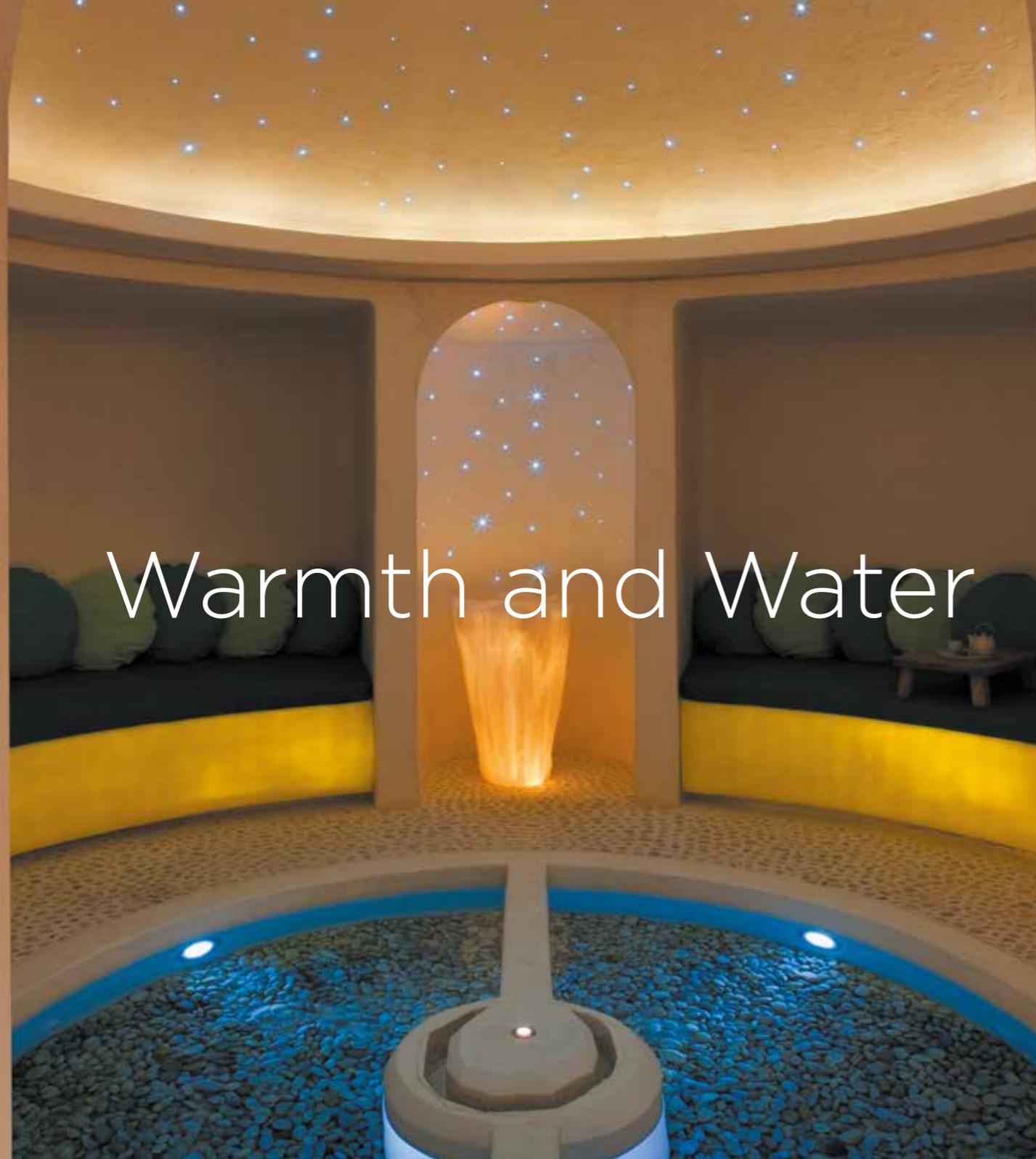
## Kneipp Hose

A kneipp hose is often found inside a steam room to clean and cool the body and seating. Traditionally cold water was used, but now they are more commonly used with thermostatic mixers. It enables the bather to refresh themselves and stay in the room for longer.

## Cold Mist

It is becoming increasingly popular to have a walkway or 'tunnel' leading from a sauna or steam room where a delicate atomiser spray using chilled water gently envelops the body in a cold mist to help the cooling down process.

# Warmth and Water



## Vitality Pools



**Temperature range:**  
34 – 40°C

A vitality pool is a heated pool with underwater massage jets used for hydrotherapy and relaxation. It is often referred to as a 'Jacuzzi' after the brand name which became synonymous with pools with hydro-massage capabilities. Some vitality pools have in-built loungers and swan neck fountains providing a full relaxation of mind and body whilst relieving tired and aching muscles.

### **Benefits:**

The heat of the water causes the blood vessels to dilate, thereby improving circulation. The buoyancy of the water also relieves pressure on the joints. The jets can be directed onto specific muscle areas and the full force of the water provides a deep tissue massage.

### **Kneipp/Sensory Walk**

A Kneipp Walk is a series of hot and cold pools with uneven floor surfaces. The unevenness stimulates the pressure points in the feet in the same way as a pebble walk. The hot and cold water widens the arteries, stimulates blood flow and metabolism and strengthens the immune system. Kneipp therapy has been used to treat a variety of health issues including high and low blood pressure, arthritis and rheumatism, anxiety and respiratory system problems.

### **Pebble Walk**

A pebble walk is a path made from rounded pebbles which stimulate the pressure points in the feet helping to balance the body's energetic flow, lowering blood pressure and increasing mental and physical fitness.

### **Foot Spa**

To enjoy the foot spa, sit on a gently heated bench and immerse your feet into effervescent hot or cold water. The bubbles massage the feet and ankles and stimulate pressure points, as in a reflexology session. This also enhances circulation.



# Aromatherapy

Aromatherapy is the use of aromatic plant extracts and essential oils to promote physical and psychological wellbeing. It is believed that the inhalation of essential oils stimulates the part of the brain connected to smell which in turn sends a signal to the section of the brain that controls emotions and retrieves memories. This causes the release of chemicals which can relax or invigorate you.

**We have listed below a few of the more commonly used essential oils and their benefits:**



**Basil**

This is used to sharpen concentration and alleviate some of the symptoms of depression. Also used to relieve headaches and migraines.



**Eucalyptus**

Relieves coughs, colds and respiratory problems. Eases muscular aches and pains and headaches.



**Grapefruit**

Uplifting, refreshing, good for nervous tension and stress relief.



**Lavender**

Relaxing, calming.



**Lemon**

Cleansing, purifying, rejuvenating, uplifting.



**Lemongrass**

Restoring, uplifting.



**Lime**

Refreshing, uplifting.



**Orange**

Uplifting, helps with depression and anxiety.



**Patchouli**

Grounding, balancing, clears the mind.



**Peppermint**

Aids digestive problems, is an anti-inflammatory and relieves headaches.



**Pine**

Good for helping find relief from infections, coughs and colds. Helps relieve aches, pains and fatigue.



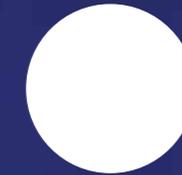
**Ylang Ylang**

Calming, soothing, lifts depression.

It is advisable to obtain advice from a qualified aromatherapist or doctor before using essential oils if you are pregnant or have medical problems.

# Chromotherapy

Colour and light have been proven to have a positive effect on your mood and wellbeing and chromotherapy lighting provides the benefits of this in your sauna, steam room or wellbeing area.



**White**

Pure, clarifying to the senses and mind.



**Yellow**

Stimulating, boosts creative thinking.



**Turquoise/Blue**

Peaceful and stress reducing.



**Red**

Energising.



**Orange**

Fresh, invigorating. Awakens the soul.



**Magenta**

Reduces anxiety and boosts creativity.



**Green**

Harmony and balance.



## Crystals

Crystals store and release energy which can help heal, calm and revitalise our inner self.

Below are just a small selection of crystals and their benefits. There are many excellent websites that will go into more detail about a wider variety of crystals and how they can be used to benefit our personal wellbeing.

**Amethyst:** Calming, balancing, healing, promotes inner peace and emotional stability, relieves stress, aids sleep.

**Citrine:** Emotionally balancing. Dispels negative energy. Brings hope and good fortune. Enhances communication. Raises self esteem. Useful for meditation and spiritual development.

**Clear Quartz:** Balancing, calming, promotes harmony and healing, amplifies energies, encourages clarity.

**Labradorite:** Reduces stress and anxiety. Calming. Enhances intuition and dispels negativity. Stimulates the imagination.

**Lapis Lazuli:** Harmony, clarity, self confidence. Relieves stress and helps alleviate feelings of depression.

**Orange Calcite:** Helps to relieve feelings of depression. Restores mental & emotional equilibrium. Promotes laughter and happiness.

**Rose Quartz:** Opens the heart chakra. Strong energy, friendship, love. Restores trust. Lowers stress, eases feelings of guilt.

**Selenite:** Promotes mental clarity and honesty. Dispels negativity.

**Sodalite:** Boosts self-esteem and trust.

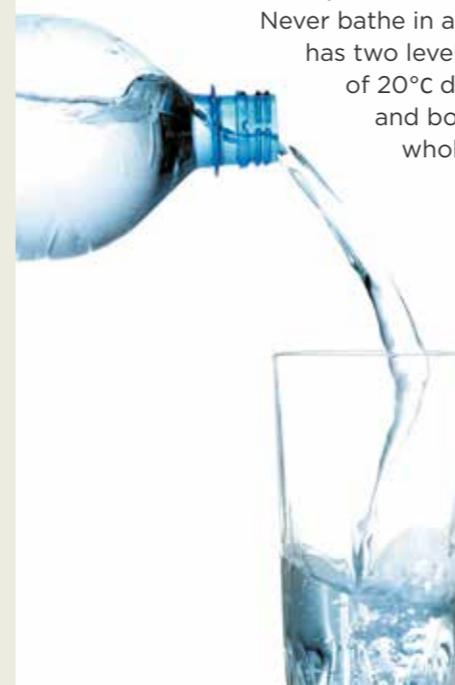
## General Information

When we are ill, our body produces a fever which effectively burns the infection out of our system by removing built up toxins. Water molecules in our bodies trap toxins. When these molecules are heated they 'pop' and release the toxins. These are then sweated out of the body. Having a sauna induces a natural fever situation by heating up the body, making you sweat, thereby releasing waste products or 'infections'. The more you sweat, the more toxins you remove. During this process your blood vessels dilate increasing the oxygen levels around the body.

Endorphins, the body's natural pain relieving chemicals, are released when the body heats up which helps stop the pain of arthritis and muscle soreness. Increased blood flow helps the body's natural healing process, soothing aches and pains and accelerating the healing of cuts and bruises.

Always drink lots of water during and after bathing to help rehydrate and replace the minerals the body loses through sweat. Avoid alcohol as this dehydrates your body.

Find a temperature to bathe in that is comfortable for you. Never bathe in a room you find too hot. In a sauna that has two levels of benching there could be a difference of 20°C degrees in temperature between the top and bottom levels, making it easier for the whole family to bathe together.



## Precautions

Check with your doctor before trying new bathing experiences if you are pregnant or suffer from a serious illness or have an acute heart, circulatory or respiratory problem.

.....  
If you ever feel ill during any treatment or bathing ritual, stop immediately and seek treatment.

.....  
Always rehydrate with water or herbal tea during and after bathing.

.....  
Remove jewellery before entering a sauna or steam room. Metal can burn and heat causes capillaries and skin to swell making rings and bracelets tight.

.....  
Contact lenses may dry out in the heat.

.....  
Don't touch the heater or stones.

.....  
Don't bathe on either a full or empty stomach. Sweating uses energy and can cause nausea or fainting with people in a depleted condition with low blood sugars

.....  
Sit up and move slowly in the heat. Blood vessels relax during bathing and if you stand suddenly you could deprive your head of blood and induce fainting.

# Acknowledgments

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Herbal Sauna (p6) and Caldarium (p12)

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Soft Sauna (p7) and Infra Red (p18)

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Laconium (p13) and Pool (p30)

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Tepidarium (p14) and Vitality Pool (p25)

**Roco Nivaria Gran Hotel**

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Hammam (p15)

**Six Senses Spa Greater Noida**

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Salt Room (p16) and Floatation Pool (p19)

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Mud Treatment Room (p17)

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Horizontal Shower (p21) and Foot Spa (p25)

**Dornbracht UK Ltd**

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Snow (p23) and Ice Cave (p23)

**Areasana**

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Kneipp Pool (p24)

**Six Senses Spa at Symphony Style Hotel**

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reservations-kuwait-spa@sixsenses.com  
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Banya (p5), Thermal room (p8), Steam Room (p10), Steam Shower (p11), Heated Loungers (p17), Kneipp hose (p23), Drench Bucket (p23), Ice fountain (p23), Refresh (p25), Crystals (p28)

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