

Taste the benefits of thermotherapy

The ritual requires alternating hot, cold and relaxation periods.
Drinking a lot of water is recommended.

Eucalyptus-Scented Steam Bath

Perfect for relaxing, it increases blood circulation, tones and deeply cleanses the skin. Heat, drenched in 100% humidity, calms tensed and sore muscles and helps with sleeping. Skin becomes suppler, promoting the removal of dead skin cells. Eucalyptus revitalizes your senses while its soothing and decongesting properties are beneficial to breathing.

Cold Bassin and Nordic Waterfall

Plunge yourself in the cold bassin and run the Nordic waterfall on your body in order to lower its temperature. Cold water helps to maintain your body temperature and heart rate to a healthy level.

Finnish Saunas

A Finnish way of life! Very dry heat causes heavy sweating, which allows the body to eliminate toxins, and cleanses the skin. Breathing becomes deeper. The sauna relaxes muscles and relieves soreness and osteoarthritis. Relaxing, it is an excellent remedy to fight against the hazards of physical activity and restore your skin's elasticity and firmness.

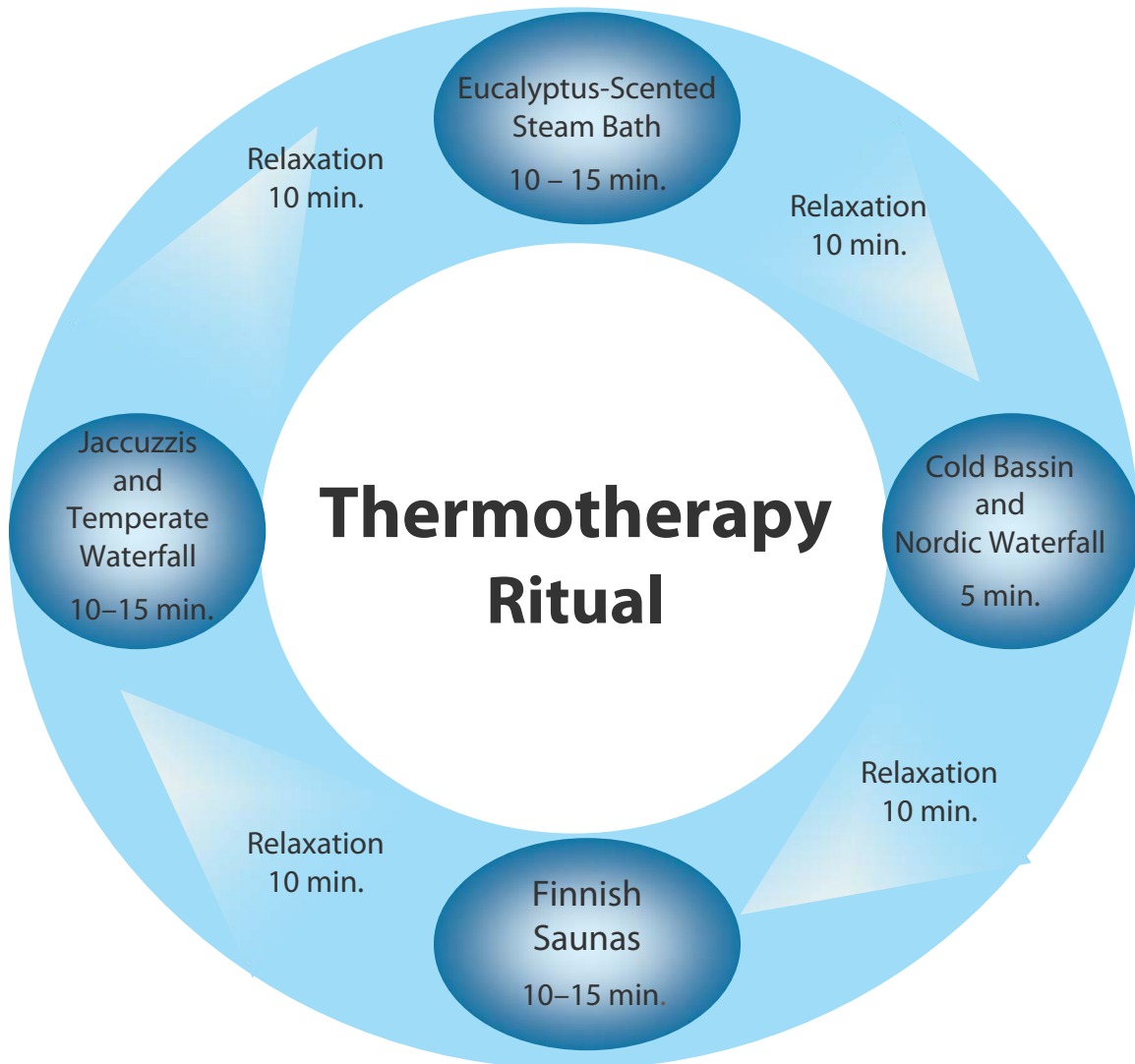
Jacuzzis and Temperate Waterfall

The temperate waterfall and the multiple jets of the Jacuzzis help to relax, relieve muscle tensions and tone down soreness.



Thermotherapy Ritual

An outdoor thermal and nordic experience



- *** Shower before the ritual.
Alternate between hot water and cold water facilities in order to increase the therapeutic benefits and maintain your body temperature and heart rate to a healthy level.
Rest often and stay hydrated at all times.

Contraindications:

Thermotherapy should be used under medical recommendation only, if you are pregnant, have a heart or respiratory problem, low or high blood pressure or any other health problems. Amerispa cannot be held responsible for any accidents due to customer negligence.

Thermotherapy is for people 18 years and older.