



FAQ #1 – What is a Vichy Shower

The Vichy shower originated in the 19th century in Vichy, France, a spa town known for its mineral-rich thermal waters. The history of the Vichy shower is connected to the history of the spa town of Vichy, which has a long history of healing waters. This service is for **Women Exclusively** please.

The Vichy shower is a type of hydrotherapy that involves lying on a wet bed while being sprayed with warm water from multiple shower heads mounted above the bed. The therapist can adjust the temperature, pressure, and volume of each jet. The water is usually heated to around 95–104°F.

The Vichy shower can help to: Boost circulation, Calm the nervous system, Relieve muscle tension, and Aid lymphatic circulation.

FAQ #2 Is a Vichy shower a standalone spa service or used with other services?

It can be utilized either way. Because of its relaxing benefits and circulation stimulation benefits. It is ideal to use prior to a massage to enhance deep relaxation, making the massage more effective. It is also beneficial to combine with a salt scrub to get rid of dry, dead skin cells. You can also enjoy the Vichy shower by itself for relaxation and immunity-boosting benefits. A Vichy shower may also accompany an infrared sauna, body scrub or customized facial service.

FAQ #3 – What should I ask when booking an appointment for a Vichy shower?

Since every spa provides a similar yet different experience. It is always a good idea to ask questions so you know what to expect. Common questions you'll find helpful include how long a session lasts, what services can be combined with it, is the Vichy shower done in the nude, is there anything you should bring, is there a locker provided, and what else should you know to ensure a positive experience. **Maryland State Law requires "bolstering" covering of genitalia during treatment. Black Bella Spa provides complimentary modesty coverings & lockers.* **Women Only**

FAQ #4 – What conditions can a Vichy shower help with?

The massaging benefits of a Vichy shower aid in lymphatic circulation that detoxifies the body and resolves symptoms related to a blocked lymphatic system.

If you would like to learn about enjoying a Vichy shower, you'll get the information you need here at Black Bella Spa and Wellness Center. Please do not hesitate to call with any questions.

FAQ #5 – How often may I have a Vichy shower treatment?

You may enjoy the benefits of a Vichy shower as often as you'd like to. The only limitations may be with the accompanying services. Example; Scrubs & Wraps are recommended weekly....

Women Only



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