

NEOQI®

Niagara

ENG

Thank you for choosing NeoQi®

Main features in NeoQi® Niagara

Creativity

You can combine between several possibilities to have a small SPA.



Sensor buttons

Functions can be activated by gentle touch of a button.



Ergonomic design

Every part of the bath is made to suit your special needs to relax.



Main features in Niagara



ZONE I

Water massage

by means of water jets of different lateral direction, force and temperature. Has health restorative, relaxing, soothing action on the human body.



ZONE II

Water massage

by means of water jets with direction towards back and feet. Has restorative, relaxing, analgesic effect on the human body.



ZONE III

Underwater massage hose

for deep tissue massage and overall wellness enhancement by improving circulation, relaxing, strengthening tissues.



BOTTOM AIR

Air bubble massage

gently affects number of nerve endings and receptors, improves peripheral circulation, saturates tissues and organs with oxygen.



OZONE

Ozone

is effective over a wide pH range and rapidly reacts with bacterias, viruses, and has stronger germicidal properties than chlorination.



CHROMOTHERAPY

LED light

represents the active energy that impacts on our psycho-emotional processes.

Table of content

PRECONDITIONS. SET UP.

QUALITY REPORT	11
PRECONDITIONS FOR INSTALLATION	16
ELECTRIC CONNECTION	19
WATER CONNECTIONS	19
INITIAL WARM-UP SESSION	20
MAINTENANCE	20
WATER SYSTEM CLEANING	21
OTHER TECHNICAL DETAILS	21
TERMS OF WARRANTY	22
MARKINGS ON EQUIPMENT	23

INTRODUCTION. CAUTIONS.

INTRODUCTION	26
PHILOSOPHY OF NEOQI®	27
IMPORTANT CAUTIONS AND USER SAFETY INFORMATION	28
HEALTH PRECAUTIONS	29

GETTING STARTED. USING YOUR BATH TUB.

BASIC COMPONENTS OF YOUR BATH TUB	34
FUNCTIONS ON CONTROL PANEL	35
HYDROTHERAPY TUB	35
WATER MASSAGE FOR SIDES (ZONE I)	35
WATER MASSAGE FOR BACK & LEGS (ZONE II)	36
UNDERWATER MASSAGE HOSE (ZONE III)	36
BOTTOM AIR	37
CHROMOTHERAPY	37
OZONE	38
HAND SHOWER	38

TREATMENTS. THERAPIES. AFFECTS.

AROMATHERAPY	42
HYDROTHERAPY	43
CHROMOTHERAPY	44

1

Preconditions.

Set up.

QUALITY REPORT

NeoQi bath

Serial Number: _____

Pre shipment inspection

Pre usage inspection

Date: _____

Physical aspects

body surfaces _____

components _____

technical condition _____

Functional test

hydro therapy tub _____

hand massage feature _____

LED lamps _____

Checked by: _____

Before starting to use the unit, please fill out this form and fax or mail it back to NeoQi AS.

Ph:+372 688 9100 Fax:+372 688 9101 Add: Piirimäe 15, Tännassilma, Saku vald 76406, Estonia

NeoQi AS.
Piirimäe 15, Tännassilma
76406 Saku vald
Estonia
Ph. +372 688 9100

SERVICE REQUEST

DATE:

NUMBER:

DISTRIBUTOR'S NAME:

CUSTOMER'S NAME:

Equipment's Serial Number: **Niagara:**

Date Equipment Received:

Date Equipment Delivered:

Date Equipment Started operating:

Date Problem Occurred:

Problem Report:

Person Reporting.....

NeoQi AS.
Piirimäe 15, Tännassilma
76406 Saku vald
Estonia
Ph. +372 688 9100

SERVICE REQUEST

DATE:

NUMBER:

DISTRIBUTOR'S NAME:

CUSTOMER'S NAME:

Equipent's Serial Number: **Niagara:**

Date Equipment Received:

Date Equipment Delivered:

Date Equipment Started operating:

Date Problem Occurred:

Problem Report:

Person Reporting.....

Preconditions for Installation

Room

Equipment is designed for use in indoor conditions.

The room, where the equipment is used should be moisture proof. Ventilation is recommended, as in the working regime the machine creates humidity.

It is recommended to have a general drain on a floor.

Doors must be wide at least 80 cm.

Power

Power cord material at least **3 x 2,5 mm²** copper crosscut. Power cord should be connected into the moisture proof junction box which is located on the equipment frame.

Maximum power consumption for equipment at a time is **4,6 kW**.

Protective device current in front of equipment feeder not less than **20A**.

Water

WATER CONNECTION

2 water pressure 3/4 hoses are required for hot and cold water.

- 3/4 threaded cold and hot water inlets with location near as possible to the equipment.
- 3/4 threaded length of hoses depend upon the distance from the water inlets.

DRAINAGE

- Drainage connection on the floor should be Ø 50 mm;
- Water drainage hose should be of Ø 50 mm
- Length of drainage hose depending on the distance from drainage opening on the ground.

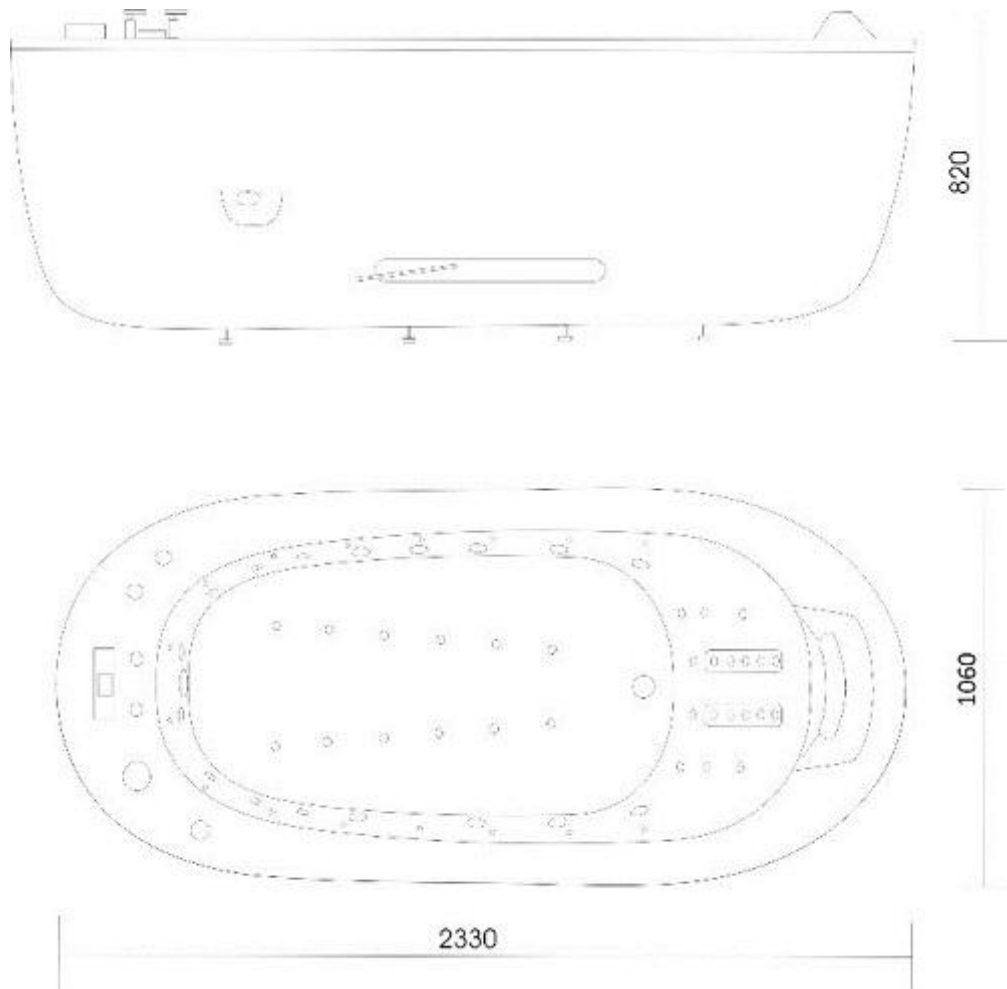


Figure 2

Electric Connection

Electric installations of NeoQi® Niagara should be carried out by qualified specialists or official representative of NeoQi® AS.

NeoQi® Niagara is CLASS I EQUIPMENT in which protection against electric shock does not rely on BASIC INSULATION only, but which includes an additional safety precaution.

EQUIPMENT must be connected to the protective earth conductor in the fixed wiring of the installation in such a way that accessible metal parts cannot become live in the event of a failure of the basic insulation.

NeoQi® Niagara belongs to the group of TYPE B EQUIPMENT, which provides a degree of protection against electric shock, which implies:

- allowable leakage current (10 mA);
- reliability of the protective earth connection.

NeoQi® Niagara can not be used if the air contains FLAMMABLE ANAESTHETIC MIXTURE WITH AIR or WITH OXYGEN OR NITROUS OXIDE.

Water Connections

Warm and cold water inlets and drainage connections of NeoQi® Harmony equipment should be carried out by qualified specialist or official representative of NeoQi® AS.

For proper functioning of equipment only clean tap water should be used. In case the tap water contains high percentage of abrasive substances or rust, it is recommended to install a water filter.

Initial Warm-Up Session

Open the cold and the hot water taps. When the water level reaches ~ 1 cm above the back jets, close the water inlet. Now switch on ZONE I and ZONE II and bottom air functions of the tub for 5 minutes. Hold your finger on each button for 2 seconds to activate or shut off the function.



ZONE I



ZONE II



BOTTOM AIR

Maintenance

Regular maintenance for certain parts is essential for long life and faultless functioning of the equipment. Routine maintenance to ensure safe operation includes cleaning, disinfection and visual control of general condition of equipment.

IMPORTANT: If maintenance of equipment is not carried out systematically and as required, warranty will be voided.

Corresponding report of each maintenance should be sent to NeoQi® representative, since it will be the basis for making a decision upon warranty case. Current status of the equipment will be evaluated referring to the service report.

Service Works:

1. Water system cleaning. It is important to clean the equipment's water systems from scale regularly.

2. Steam generator cleaning. It is important to clean the steam generator regularly depending on water quality for steam function's faultless functioning.

Try to avoid scratching the acrylic surface with hard elements (sand, jewelry, accessories, etc.).

Do not drop heavy and hard objects on the surface of the device.

Visual control of the equipment's general condition should be carried out continuously.

Water System Cleaning

It is important to clean the equipment regularly against scale to avoid jet and mud filter block, also problems with pump.

You need to clean the water system after every 150 sessions.

Cleaning steps:

- Scatter suggested amount of cleaning product on the bottom of tub, dissolve it with warm water.
- Now fill the tub with warm water.
- Operate all massage zones within 15 minutes.
- Stop the pump for 30 minutes.
- Operate all massage zones again within 15 minutes.
- After draining, rinse tub with cold water using hand shower.
- To flush fill the tub with cold water and operate all functions for 2 minute.

Drain the tub. Cleaning is done.

Other Technical Details

The room where equipment will be set up, there must be installed on electricity support line of equipment:

- CIRCUIT BREAKER 20A
- CURRENT LEAKAGE CIRCUIT BREAKER 10 mA
- UNIT MUST BE GROUNDED

Do not set up equipment and do not use equipment, if there is no circuit breaker and current leakage circuit breaker added on the power support line of unit into the room.

Used equipment cannot be transported or stored below 0 degrees C.

Minimum water capacity to operate the hydrotherapy tub is 400 liters. Water capacity for tub to reach drain overflow is 470 liters.

Terms of Warranty

NeoQi® bath tub is warranted to be free from defects in material or workmanship for parts and labor for a period of 1 (one) year from

the date of purchase, but no longer than 12 months from the date of shipment from the producer.

The warranty is invalid and all forms of obligations void in case if:

- Equipment has been disassembled or modified by unqualified persons,
- Quality report was not sent back to NeoQi® representative (by email or regular post) and no other proof of purchase with the date of purchase and the name of the supplier was provide.

This warranty does not cover:

- Normal wear and tear of the equipment;
- Intentional or negligent damage;
- Damage resulting from non-compliance with the instructions (brought out in user's manual);
- Incorrect location or installation;
- Connecting to a power source that does not meet the requirements;
- Damage caused by accident;
- Damage resulting from exposure to chemical or electromechanical corrosion, or other extreme environmental conditions;
- Damage to the glass, painted and enameled surfaces;
- If the equipment was attempted to be repaired by any other than NeoQi® AS or the distributor's qualified maintenance personnel.

NeoQi® AS undertakes to rectify or to have rectified free of charge defects detected within 18 months from the date of the handover of the appliance. NeoQi® AS also reserves the right to replace defective parts or the complete product at its discretion.

Any other claims, in particular, claims for compensation for any damage not applicable to the appliance itself or that have arised as a consequence of an excessively delayed repair work or replacement parts delivery, are not accepted.

Claims under warranty must be verified by the invoice issued by NeoQi® AS or local authorized representative.

Markings on Equipment

1. CLASS I

EQUIPMENT in which protection against electric shock does not rely on BASIC INSULATION only, but which includes an additional safety precaution.

EQUIPMENT must be connected to the protective earth conductor in the fixed wiring of the installation in such a way that accessible metal parts cannot become live in the event of a failure of the basic insulation.

2. Type B

NeoQi® Harmony Niagara belongs to the group of TYPE B EQUIPMENT, which provides a degree of protection against electric shock, which implies:

allowable leakage current (10 mA);
reliability of the protective earth connection.

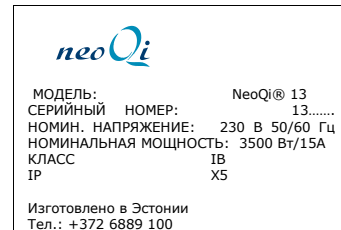
3. IPX5

According to the degree of protection against harmful ingress of water the equipment provides protection against WATER JETS.

Marking is located on the bearing aluminum frame on the underside of the equipment.

4. Certificate of Conformity

This CE Marking indicates conformity of the equipment with Directive 2006/95/CE and 2004/108/CE



5. ATTENTION: Examine attached documentation!

Marking located on the cover of equipment



2

Introduction.

Cautions.

Introduction

Congratulations! You are now the owner of the newest addition and innovation of NeoQi® SPA equipment - the bath tub Niagara.

NeoQi® methods are inspired by ancient philosophy and life science, therefore NeoQi® bath allows you to restore the balance of your body.

NeoQi® spa bath offers a wide variety of therapeutic treatments that are suitable for different personal needs and are tailored to resolve specific problem encountered by each client. NeoQi® responds to new demands on the market by combining treatments with a total wellness approach.

NeoQi® treatments are aimed at providing all around holistic treatment. This method addresses not only beauty, but also well-being and complete body relaxation. It is inspired by energy treatments that eliminate muscular and vascular tension and release vital energies (circulatory, drainage, nutritive).

NeoQi® hydrotherapy bath is a top class multifunctional machine, which simultaneously performs a number of combined functions that help to:

- reduce stress by establishing balance
- stimulate senses to cause you to feel healthy and relaxed,
- prevent and treat illness

- regulate metabolism, weight balancing
- integrate mind/body and spirit

NeoQi® bath features in one piece of equipment the following unique combination of functions:

- Water (Hydrotherapy) massage
- Air bubble massage
- Handheld jet feature for performing underwater massage
- Hand shower
- Chromotherapy
- Ozoniser

NeoQi® bath is a way to promote rejuvenation, longevity and all around good health. The therapies are suitable for all, men and women, of all ages and fitness levels. NeoQi® SPA-bath has been developed with the highest criteria concerning quality and safety. Use this product only for its intended use as described in the current manual.

NeoQi® equipment must be used in accordance with the operating instructions.

For your best service please record the model and serial number in the space provided below. You can locate this number at the backside of the equipment cover. Refer to these numbers whenever you call to the customer service or contact your dealer.

Philosophy Of NeoQi®

The invisible life energy - **Qi** flows through everything in life. It is the vitality, breath, and essential animating life force of the universe. The free energy flow makes you feel vibrant, you will stay fit and healthy - mentally and physically. You feel invigorated every moment of life.

If, however, the energy becomes stagnant or blocked, or erratic and undisciplined (due to bad lifestyle or weakness in an organ) you will most likely fall ill. Blocked or inhibited **Qi** causes dysfunction in the body's organ systems.

We humans are able to detect imbalance in ourselves and take steps to redress them - without the need to seek professional help. This will become the ultimate form of preventative medicine, gently healing emotional trauma. We will be able to uncover the psycho spiritual traumas, which underlie much of modern illness before they become a physiological problem.

NeoQi® *therapies* help you to replenish and free the circulation of *Qi*, restore health and to find new life energy. Each session produces sensations and feelings of *well-being, relaxation and calmness*. Mental fitness is improved through reduction of stress.

NeoQi® hydrotherapy bath is also a *powerful tool of preventative medicine*, valuable in keeping healthy people healthy.

NeoQi® hydrotherapy bath - the unique sensation you can experience in your own

privacy, in a safe, comfortable, calming environment.

NeoQi® helps you maintain balance in yourself.

Understanding and accepting the energy will become a familiar and natural part of our everyday life. Once you can sense vital energy, you can begin to work with it - helping to move it in the most beneficial way. The energy secret lies in exploring and enhancing your physical, emotional and spiritual energy.

As our lives become ever more demanding, we all have to make the choice. We can turn our backs on the energy equation and just get by, or we can tap into the infinite possibilities of the energy and start to live our lives on a whole new dimension.

NeoQi® treatments offer a step towards the understanding of the energy concept.

Choosing to live with the knowledge of energy concept is to tap into an endless source of personal power and joy.

It is a lifestyle choice of the new millennium - affecting every area of daily life in the deepest possible way.

Important Cautions and User Safety Information

When operating this system, the following procedures must always be followed:

IMPORTANT: Read carefully the Section 2 of this manual - "General Instructions and Health Precautions" - to avoid any health risk or adverse effects of using the bath!



WARNING:

Do not stay for too long time under hot sauna temperature or in a very hot bath. First time users should get accustomed to the system, prior to experiencing longer sessions.

For hygienic reasons, all bathers should shower and thoroughly wash their body prior to use of the system.

To reduce the risk of injury, do not allow children, the elderly or mentally/physically challenged persons to use this system unless without closely supervised at all times by qualified personnel.

Safety, reliability and performance of the NeoQi® equipment can be guaranteed only is:

- Installation and other actions, including rework and repair are performed by qualified specialist or official representative of NeoQi® AS.

- Installation is carried out in accordance with the applicable rules and regulations listed in part "Preconditions for installation" of the current manual.

Do not use the equipment if the power cord is damaged, if it is not functioning properly, if it has been dropped or damaged. Contact NeoQi® AS service centre for the inspection and repair.

Avoid the contact of the power cord with hot surfaces.

Use only clean tap water.

Do not insert any objects into the openings of the equipment.

Prolonged immersion in hot sauna or bath might induce hyperthermia.

Individuals in a state of alcohol or drugs are forbidden to use the system, since it significantly increases the risk of fatal hypothermia.

People using medication or having an adverse medical history should consult a medical doctor before using this system.

Pregnant or possibly pregnant women should consult a medical doctor before using this system.

Health Precautions

Treatments in NeoQi® bath are contraindicated in the below mentioned cases:

- Acute trauma, inflammation
- Fever
- Acute inflammatory and allergic skin disease, wounds
- Cardiovascular insufficiencies, heart disease, hypertension
- Impaired circulation
- Bleeding diatheses
- Advanced diabetes, esp. Type I
- Oedema
- Large scars
- Impaired sensation
- Malignancy
- Cognitive or communication deficits that preclude reporting of discomfort, pain
- Pregnancy

Please consult with the physician whenever uncertain about any condition or response.

!! Post treatment rest period –

Treatments involving heating the body must be followed by the rest period with duration of at least half an hour, in order to enable the body to get back to a normal temperature.

!! Should any condition get worse, stop immediately the use of NeoQi® equipment.

Cardiovascular insufficiencies, heart disease - Hot and cold applications that increase the heart rate and pressure are contraindicated, as it may overload an already weakened heart.

Hypertension (High blood pressure) - Hot and cold applications that increase the heart rate are contraindicated due to overload of the heart.

Cancer – Treatments for clients with cancer should be carried out with caution. It is strongly recommended that you work with a client only with the consent of the doctor.

Haemophiliacs and anyone predisposed to haemorrhage should avoid any type of hot and cold treatments, caused vasodilation increases the risk of bleeding.

Reduced sensitivity - Any state with reduced sensitivity is a contraindication for a treatment, as the client is not be able to feel if the skin is too cold or hot.

Weakness –Heat therapy may be contraindicated for a client who is feeling weakness as a treatment may worsen the condition.

Anaemia - Hot body treatments can increase cellular oxygen demand, which can not be satisfied with anemia.

Skin lesions – Treatment is contraindicated in case of damaged skin or other irritation that may be exacerbated.

Such skin lesions as pustules, papules, infected blisters may rupture due to increased vasodilatation and are contraindicated.

Pregnancy - Full body hot treatments are contraindicated for pregnant woman, as they may be associated with occurrence of birth defects. This contraindicates the use of steady temperature hot full body baths, saunas, as well as local applications of heat to the abdomen.

If you are pregnant or suspect that you might be, stop using sauna.

Connection between visiting sauna at low temperature with birth defects has not been proved.

Peripheral vascular disease – The underwater massage is contraindicated for venous disorders, thrombosis and varicose veins. Clients suffering from arteriosclerosis may have weakened or blocked arteries. Thermal procedures improve tissue metabolism and oxygen demand, therefore thermal treatments are contraindicated.

Pulse - Heart rate should not exceed 140 beats per minute as it may overload the heart. Heart rate can be controlled on the inner surface of the wrist.

Diabetes - Advanced diabetes, especially Type I (juvenile diabetes) may reduce the ability of the patient to feel the tissue damages, especially in the lower extremities. Vascular damage, that is a consequence of this disease, reduces blood flow to damaged tissues. Overheating of these areas is contraindicated. Consult your doctor.

Skin sensitivity – Cold water applications are contraindicated for clients who have previously suffered from frostbite, who have hypersensitivity to cold due to Raynaud's disease or have other conditions such as low blood pressure.

Hypothyroidism - Cold water applications are contraindicated for clients with hypothyroidis, since it slows down the primary metabolism.

Kidney problems - Cold is contraindicated in case of kidney malfunction or disease.

Inflammation - Heat applications are contraindicated in acute conditions of inflammation such as bursitis, arthritis, tendonitis, sprains and strains.

Intense heating is strictly contraindicated in cases of **localized infections** whether dental, joint or any other case.

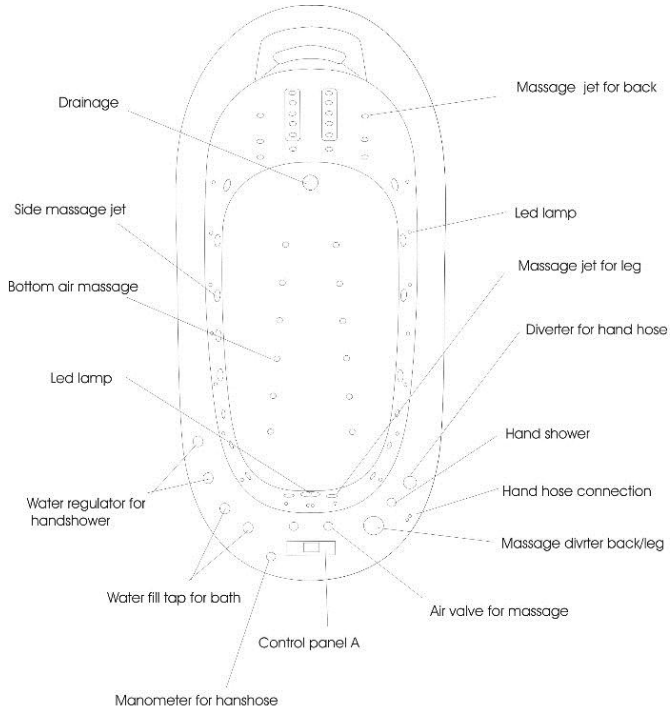
If you have recently had **an injury (or acute) infection** of the joint, it must not be heated during the first 48 hours after the trauma or as long as fever and swelling subside. In case of chronic inflammation of the joints, when intense heating of any kind is applied, possible painful reactions may occur.

It is not recommended to increase the temperature of the body for people with adrenal gland dysfunction, systemic lupus erythematosus, or multiple sclerosis.

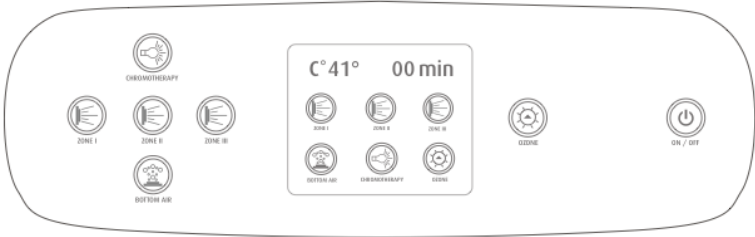
3

**Getting Started.
Using Your Bathtub.**

Basic Components of Your Bathtub



NeoQi® bath tub is operated by digital control panel. **Control Panel** is located on the bath next to the switches.



FUNCTIONS ON CONTROL PANEL

Hydrotherapy Tub

Close the water drainage of the tub by sliding the drainage valve into the left-side position. Valve handle is located on the left side of bath.

To fill the tub quickly, Niagara is provided with the separate taps for hot and cold water. Open the taps within the extent of $\frac{1}{2}$ - $\frac{2}{3}$, by turning the handles of the taps counter clockwise. After filling the bath for couple of minutes, you can see the approximate water temperature on the temperature display of

the bath panel. If the temperature is higher than the required one, you should add some cold water by turning cold water tap more open (more on the left). When you have half-filled the bath you can switch on the pump for few seconds and check the water temperature again on the temperature display of the bath control panel.

NB! For any bathtub functions to activate the water level must be ~ 1 cm above the back massage jets!

Water massage for sides (ZONE I)

To use underwater water massage function for sides, hold your finger at least 2 seconds on the **ZONE I** button on the control panel.

To get stronger water pressure effect, open air valve for water massage. It is located near the bather legs position.

To turn off the function, hold your finger on ZONE I button at least 2 seconds or press once on the ON/OFF button.



Water massage for back & legs (ZONE II)

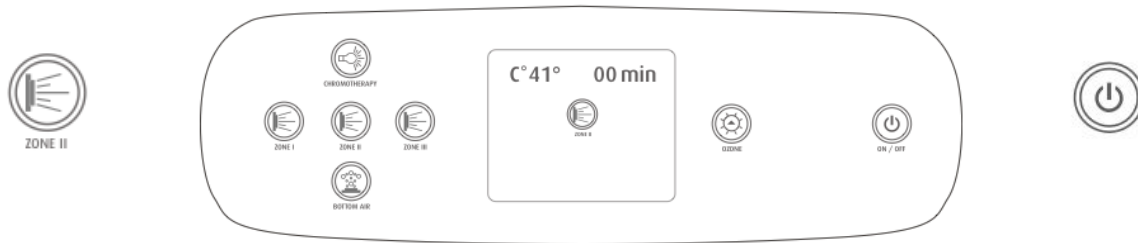
To use underwater water massage function for back and legs, hold your finger at least 2 seconds on the **ZONE II** button.

To turn off the function, hold your finger on ZONE II button at least 2 seconds or press once on the ON/OFF button.

Zone II has two position. One for back massage and the second for leg massage. You can set massage position from the

diverter on the right side of control panel location. You can choose full power to back, full power to legs or divide power between back and legs.

To get stronger water pressure effect, open air valve for water massage. It is located near the bather legs position.



Underwater massage hose (ZONE III)

To use massage hose for performing underwater massage, be sure that you have hand massage hose in your hands and pressure from diverter is turned to minimum. To turn on the function for performing underwater massage, hold your finger at least 2 seconds on the **ZONE III** button. Manometer attached on the edge of bath tub shows you the pressure of water inside the massage hose.

By the end of massage session, minimize the pressure by turning the diverter to minimum. To turn off the function, hold your finger on ZONE III button at least 2 seconds or press once on the ON/OFF button.

Fix massage hose correctly into the fixation clips (2 pieces). Be sure that massage hose is fixed correctly.

NEVER SWITCH ON ZONE III, IF YOU DON'T HOLD THE HOSE IN YOUR HAND.

Bottom Air

To use bottom air function for air bubble massage, hold your finger for at least 2 seconds on the button BOTTOM AIR on the control panel.

To turn off the function, hold your finger on BOTTOM AIR button at least 2 seconds or press once on the ON/OFF button.

After every bathing, drain water and turn on bottom air function for 30 sec. This will flush out remained water from bottom air jets and it therefore prevent occurring of microbes.



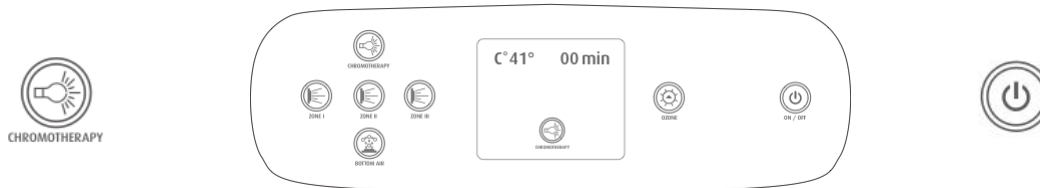
Chromotherapy

Chromotherapy will be activated automatically when turning ON the control panel.

Chromotherapy indicator will appear on the screen.

You have the option to fix only one specific color, in that case you have to press CHROMOTHERAPY button several times, until you see desired color.

To turn OFF the function, press **CHROMOTHERAPY** button.



Order of colors in chromotherapy function:

1. Variable range of colors are moving softly
2. Red
3. Green
4. Blue
5. Yellow
6. Indigo
7. Orange
8. Violet
9. White

Ozone

To activate OZONE function hold your finger for at least 2 seconds on the button OZONE and ZONE II button. **Ozone doesn't circulate without activation of ZONE II.**

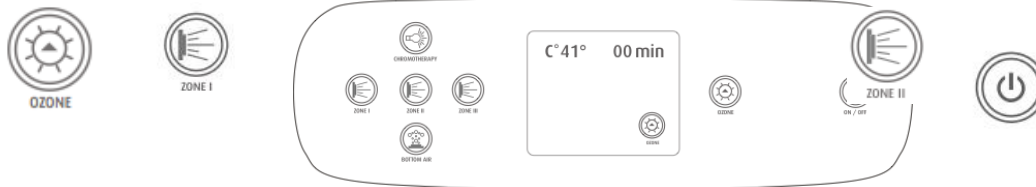
To turn OFF the function, press once on the ON/OFF button or press on OZONE button and hold finger at least 2 seconds on the ZONE II button.

Use ozone for water cleaning from bacterias. Let the water circulate for 5 minutes before and after the treatments.



WARNING!

Do not use OZONE when client is in the bath!



Hand Shower

Hand shower must be connected by special quick-connection - insert feature hose into the slot (water starts to flow).

Water temperature can be adjusted from thermostat.

When you do not need to use hand shower any more, disconnect it from the quick-connection by pressing the ring down.

4

Treatments.

Therapies.

Affects.

Aromatherapy

Aromatherapy promotes healing of the body and improvement of the wellbeing through the use of 100% pure and natural essential oils derived from plants and herbs.

Aromatherapy affects the body in two ways:

- through the sense of smell (when inhaling aromas, they arouse brain receptor areas of the hypothalamus, which control the emotional sphere of a person);
- through penetration (active components of aroma oils, after passing transdermal barrier, enter the bloodstream and have a stimulating effect on the immune system).

Usage of specific compositions of essential oils can reduce appetite, relieve the symptoms of stress and fatigue, improve skin condition (increase its tone and elasticity, relieve inflammation when acne, stimulate the production of own structural proteins, etc.).

Complexes of essential oils from NeoQi®:

- 1 Relaxation (sweet orange, grapefruit, marjoram, ylang-ylang)
- 2 Tonifying (rosemary, mint, orange, lemon)
- 3 Circulation (rosemary, mint, lavender, cypress)
- 4 Slimming (grapefruit, oregano, cypress, rosemary)

Storage of aromatic emulsions:

Complexes of essential oils should be stored in a cool, dark place to ensure their effectiveness.

Don't touch the aroma dispenser during the treatment and shortly after that, because of very hot surface.

Hydrotherapy

The history of hydro therapy goes centuries back, as far as ancient Greece, but it was truly made popular by Romans, who introduced the benefits of bathing and massage to the countries they conquered. Roman public baths were always recognized as a great source of relaxation where members of high society and all free people alike could enjoy the benefits of hot and cold water as well as massage.

Hydro massage creates awareness of the body, reduces anxiety levels, gives a sense of well-being, improves the ability to monitor stress signals, gives a feeling of peace of mind, it also helps to alleviate discomfort caused by pregnancy, provides with a relaxed state of mental alertness, helps treat athletic or job related injuries, tension related headaches and post-operative rehabilitation.

The stimulating action of water and its absorption into the skin offers many benefits for:

- wellness,
- rehabilitation,
- stress reduction
- pampering

It's ideal for:

- muscular relaxation
- encouragement of circulation

- reduction of the increased release of stress hormones,
- creating an element of psychological and physical comfort.

The hydrotherapy bath is carefully and ergonomically contoured, it comfortably fits the body so that the pressure points are eliminated.

The bathtub is made of reinforced acrylics, especially tempered to provide heat and shock resistance. All surfaces are smooth and free of pores making the tub hygienic and easy to clean.

While performing the hydrotherapy it is important to take into consideration the client's health condition, age and the preceding procedures. The water temperature for regular whole body hydrotherapy procedure is 34-38°C, the length of one treatment is maximum 20 minutes.

Use the right program according to each client. The pressure of the water massage is softer if using water and air combined.

Hydrotherapy is ideal for:

- muscular relaxation, loosening and warming,
- encouraging circulation,
- easing pain by positioning the body in warm water and simultaneously using underwater massage,
- enhancing formation of endogenous hormones, reduction of the increased release of stress hormones,
- creating an element of psychological and physical comfort.

Chromotherapy

Chromotherapy is also known as color therapy. Color and light have been used for healing since the beginning of recorded time. Ancient Egyptians built solarium-type rooms with colored panes of glass. The sun would shine through the glass and flood the patient with color.

Some people use colored silk cloths, which are placed on the body and then flooded with sunlight. Early color and light healers in the modern world used colored gels and sheets of glass to apply light to the body. Others used color infused water and color meditations to send healing rays to the person.

Today, there are many practitioners who use color and light in interesting ways. Some therapists have a box with a mechanism that flickers light into the eyes. They report success in speeding the recovery of stroke victims and those persons who experience chronic depression.

Some healers recommend the wearing of eyeglasses with colored lenses. Practitioners of Feng Shui bring color into our homes and workplaces for optimum balance of energy.

The earth, the oceans, in fact every living thing, is dependent upon light for its very existence. A recent scientific study disclosed that each cell in the body emits light. We live in a sea of energy and our bodies are composed of energy. Color works through and in us, in every nerve, cell, gland and muscle. It shines in our auras and radiates

upon us from the sun. Color is an active power, exerting a tremendous influence on our consciousness, soul and spirit. Within our body, our organs, muscles, cells and nerves all have a level of vibration. When our body becomes out of balance, disease occurs. Each color has its own frequency and vibration. Through extensive research, we know that color and light will help bring our physical and emotional systems into balance.

High incidence diseases that can be treated with help of the chromotherapy:

- Emotional imbalances
- Stress
- Confusion
- Depression
- Low vitality
- Anxiety
- Insomnia
- Chronic fatigue
- Eczema
- Psoriasis
- Side effects of chemotherapy
- Menopausal problems

Chromotherapy uses six basic colors:

- **Red** – Known to escalate the body's metabolism with vibrance and passion, overcome depression. Red color provides the power from the earth and gives energy on all levels. It connects us to our physical body.

- **Orange** – Has an gentle warming effect, increases immunity, potency. Best emotional stimulant!
- **Yellow** – Helps mental stimulation. Gives us clarity of thought, increases awareness, stimulates interest and curiosity.
- **Green** – Good for tired nerves, will balance emotions, refreshes the spirit, encourages us to feel compassion.
- **Blue** – Mentally-relaxing color, has pacifying effect on the nerveous system

and brings great relaxation. Ideal for sleep problems and hyper-active children.

- **White** - White contains an equal balance of all the colors of the spectrum, representing both the positive and negative aspects of all colors. It offers an inner cleansing and purifying of your thoughts, emotions and, ultimately, your spirit, refreshing and strengthening your entire energy system.