



Information about Aqua Healing

IMPORTANT BEFORE YOUR SESSION

- ✓ **The duration of a session is approx. 50 minutes, including preparation and follow-up.**
- ✓ We recommend drinking plenty of water before and after the session, and allowing yourself time to rest afterwards to fully absorb the benefits.
- ✓ If you are scheduled for an oil massage on the same day, please ensure that all traces of oil are thoroughly removed from your body and hair beforehand. Residual oil can interfere with our advanced water filtration and purification system.

For technical reasons, we are unable to admit guests who still have oil on their skin. Please understand that, in such cases, we must still charge for the session, as it cannot be rebooked at short notice.

SESSION PROCEDURE

- ✓ Please arrive showered, wearing swimwear and a bathrobe, at the Ayurveda reception. The therapists will pick you up there and accompany you to the Aqua Healing pool.
- ✓ Inside the pool, the therapists will first put the floats on you. It's best to place your legs one after the other on the pool steps to make it easier to attach the floats. Afterwards, a short test with the floats will be carried out, and they may be exchanged if necessary.
- ✓ To begin, the therapists will guide you through some simple breathing exercises.
- ✓ Then the actual session begins. If possible, keep your eyes closed throughout the session and enjoy the feeling of weightlessness.
- ✓ Apart from the nose and eyes, the entire body remains underwater the whole time. If you have issues with water in your ears, please ask our therapists for water protection.
- ✓ If you feel uncomfortable for any reason, please raise a hand so that the therapists can assist you.
- ✓ Shortly before the end of the session, the therapists will gently guide you to the edge of the pool, remove the floats, and slowly help you return to a standing position.
- ✓ Afterwards, keep your eyes closed and enjoy the feeling of deep relaxation until the therapists give you a signal that the session has ended.

AQUA HEALING IS NOT SUITABLE FOR:

- ✓ Persons with limited mobility (entry into the pool is via a pool ladder)
- ✓ Persons currently undergoing treatment for a mental illness