

USEFUL STEPS AND TIPS FOR AN "IDEAL" SPA ROUTE



Start off with a motion bath in sea water* to relax the body's muscles and prepare them for the subsequent pleasures of the thermal waters.

* Bathing in the sea must not lead to excessive cooling of the body.



Natural sauna: 3 cycles maximum, interspersed by immersion in the cold bath at 15° C. To purify the body of any toxins accumulated and prepare it for the thermal path*.

* Use of the sauna is **not recommended for people with cardiovascular diseases**.



Gradual increase of temperature in the thermal pools.

With the increase of temperature **decrease the duration of the bath and extent of your movements.**



Raise the jets of the Jacuzzi* over the whole body, starting from the soles of the feet.

Always retain **a distance of at least 40 cm** from the Jacuzzi.

Never massage the abdomen or sore parts of the body.

* If used for too long it may cause irritation: **maximum duration 5'**.



Kneipp Group: 3' max in the hot part followed by **15' max in the cold.**
Max 3 cycles.

Always **start with the hot bath, end with the cold.**



After one hour of spa route, **at least one hour of rest.**



One complete cycle per day of baths and relaxation is enough, which can be complemented by walks, massages and other treatments in the spa.



Never bath on a full stomach.



Consult the doctor of the thermal baths for personalised advice and prescriptions.