



THERMAE SHOWER ROOM

Wellness Heaven



Ushmaaya Wellness

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Convert your shower room to a full fledged hydro-spa



Sweat therapy



Contrast therapy



Hydro therapy



Chroma therapy



Aroma therapy



Aural therapy



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Sweat therapy

The ancient Turkish Hamam steam bath

The room temperature is between 40 -55°C. The special feature of the Turkish Hamam is the effect of the steam which can contain, for example, herbal essences. The ideal treatment duration in the Hamam is between 15 and 25 minutes. Length of stay can be extended through e.g. revitalising aromatic steam treatment with optional Hamam hose.

In addition to purification and detoxification the natural defences are strengthened. The herbal essences in the steam have a beneficial effect on skin and hair, and are ideal for the respiratory organs.



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Contrast therapy

In addition to exercise, nutrition, medicinal herbs and an orderly life, water at different temperatures is one of the five pillars of Kneipp therapy developed by Sebastian Kneipp.

Heat and cold are used to stimulate the blood vessels. These work against the development of varicose veins. The Kneipp water treatment has a very positive effect on your entire body and internal organs. The change in temperature from hot to cold water strengthens your immune system and releases dopamine and adrenaline which in turn cause happiness and relaxation.



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Hydro therapy

The integration of water features and body jets within the cabin make your Wellness Heaven exquisite and royal. Water at high pressure on various parts of the body creates an effect of hydro-massage. A waterfall from a niche in your shower room gives the effect of a natural surge of wellness while the sounds of water take you to seventh heaven.

Paired with steam and contrast therapy, experience showers create a sense of holistic wellness.



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Chroma therapy

Light therapy has been well-established in natural medicine for many years. This therapy is mood enhancing and antidepressant. In many cases it ensures a deep and restful sleep and stimulates production of essential vitamin D, which plays a major role in strengthening the immune system. Light therapy can have a positive effect on various health problems, e.g. Neurodermatitis.



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Aroma therapy

Natural aromas and herbal essences in the aromatherapy bath care for your entire respiratory system. The nose is the most sensitive organ of perception in the human body. Our sense of smell stimulates our memory more than any other sense. Aromatherapy has a long lasting and positive influence on our mental well-being and promotes deep relaxation. Equally it is also beneficial for the skin and strengthens the roots of the hair. In addition the aromas invigorate, revitalise and disinfect the air within the cabin.



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Aural therapy

Aural or sound therapy can be introduced as a special highlight. This complements both aroma therapy and chroma therapy. Through the combination of natural aromas, coloured light and psychologically sympathetic sound, a truly unique spa and therapy experience is created. Sound therapy in conjunction with light and aroma therapies improve vitality, promote total relaxation, correct imbalances naturally and are very effective in promoting deep sleep .



3 Temperatures of Water

Hot/Chilled/Ambient

Steam Bath

Aroma Therapy Steam head

Lighting & Sound

Water and Vapour Proof speakers & lighting

Experience Showers

Fully customizable experience with water...

Made possible by



UW PROJECTS

Equipment List

Photograph

Steam Generator
(6 kW, 220V, Single Phase)



Aroma Therapy Steam Head & Essential Oils



Equipment List

Photograph

Optimized Arctic Water System
(80 Litres)



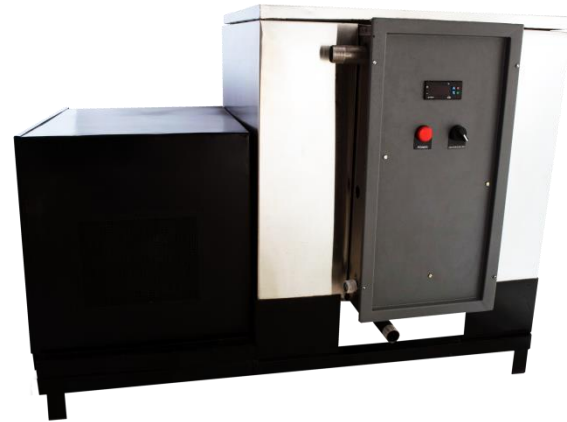
Optimized Tropical Water System (80 Litres)



Equipment List

Photograph

Optimized Water Conditioning System
(80 ltrs)



Optimized Steam Enclosure
(Leak proof SS 304 Frame specifically designed for
application in Steam room)
10mm toughened glass
2100X800mm



Equipment List

Photograph

Low volt lighting

Basic (soft amber)
LED Multi color

Vapor proof Speakers

60Watts peak power



Thank you!

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