

# POOLSPA



**Luxury** bathing and hydrotherapy

An ancient art, a modern approach, true medical benefits, unrivalled luxury

## WHY HYDROTHERAPY

When you are in pain or under stress, chemical changes in your body can cause the blood pressure and pulse rate to increase. Having regular hydrotherapy bathing treatments in the comfort of your home can help you to reduce these symptoms by relieving swollen joints and slowing down the process of stress reaction. This will help you to relax and unwind, which is easier for helping you to deal with your pain.

### Facts:

- 9 million people visited their GP in the UK last year with arthritic conditions and according to the Arthritis Foundation buoyancy, warm water and hydrotherapy improves the range of movements in joints affected by pain and stiffness.
- 25% of the UK population suffer from some form of sleep disorder and according to the National Sleep Foundation soaking in hot water and taking a hydrotherapy bath a few hours before going to bed enhances sleep quality.
- 14 million men and women in the UK suffer from stress. Research suggests that up to 90% of all visits to GP surgeries in 2011 were stress related and according to the New England Journal of Medicine stress interferes with the body's immune system and studies show that hydrotherapy plays a major role in stress relief.

## WHY WATER MASSAGE

Pool Spa incorporates at least 3 different types of jets into every model. Jet selection and strategic placement is specific to every model; combining both rotational and fixed jet heads induces the most therapeutic massage on the UK market. Achieving 'muscular deep' medical therapy as opposed to a 'skin tickle', Pool Spa baths combine a wider combination of jet types than any another manufacturer to provide a wider range of massage treatments to specific areas of the body generating acupuncture, reflexology, classical, watsu and shiatsu massages all in one hydrotherapy bath.



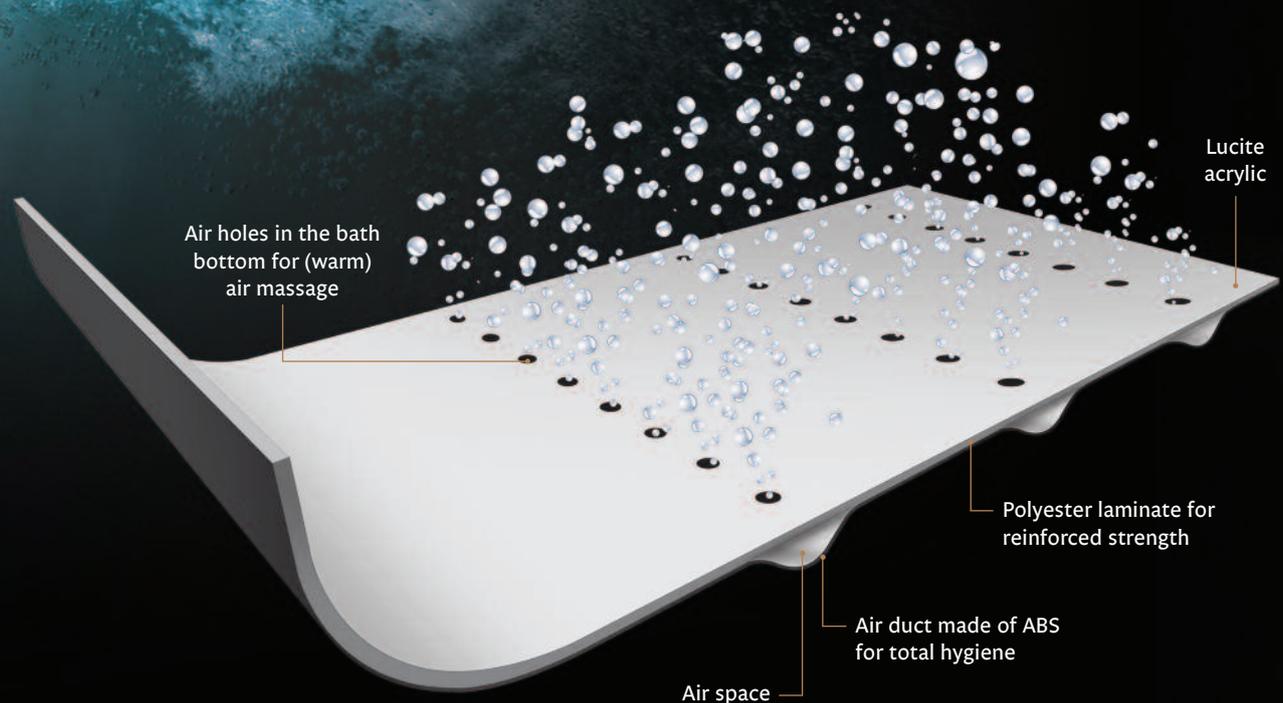
## PHYSICAL BENEFITS OF WATER MASSAGE

- Physically relaxes the body
- Improves circulation
- Reduces muscular aches and pains
- Reduces stress and anxiety
- Aids in weight loss

## WHY AIR MASSAGE

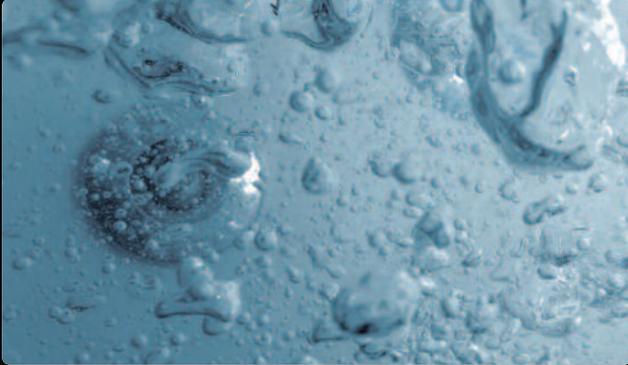
The unique Pool Spa air system assists the body in re-oxygenation as millions of pressurised oxygen air bubbles generated by the heated 'Air Blower' blanket and envelop the entire body. Unlike no other air massage system in the UK the Pool Spa air experience provides the user with the most sanitised bathing experience available through 'ozonation'. This highly advanced technology converts the AIR atom being compressed into the water from O<sub>2</sub> to O<sub>3</sub>, which when present in the water 'oxidises' ALL bacteria and PURIFIES the water!

- Ozonation purifies the water
- Encourages skin regeneration
- Combats cellulite
- Reduces fine stretch marks and visibly dark veins
- Induces a deep state of relaxation
- Counters the harmful effect of stress



## WHY COMBINATION MASSAGE

Hydrotherapy is the key to activating the body's natural healing energies and holds countless positive benefits. The ultimate combination of both air and water massage has been mastered by very few manufacturers but none as specialist as Pool Spa.



By combining both massage techniques provides unrivalled benefits that provide long term health treatments that rejuvenate, refresh and relax the mind and body.

## WHY CHROMOTHERAPY

Pool Spa provides the most unique chromotherapy lighting experience that allows you to embrace the healing power of 'light' with any of our bath designs. Research has shown that using different coloured lights can influence emotions and improve your health. The coloured light is read by sensors in your eyes causing a chemical stimulation within your brain, releasing endorphins that either relax or invigorate depending on the colour.



**RED** rejuvenates the mind and body accelerating metabolism and improving blood circulation.

**Good for treating:** Depression, recovering mental abilities



**YELLOW** has a positive influence on the psyche of melancholics. It helps to strengthen and tone skin appearance.

**Good for treating:** Stress, fatigue, muscle weakness



**GREEN** regulates the heart rate, relieves inner tension and regenerates the nervous system.

**Good for treating:** Stress, heart problems



**BLUE** soothes and has a soporific effect.

**Good for treating:** Menstruation pains, sore throats, ophthalmalgia



**WHITE** is a symbol of perfection, signifying cleanliness and spotlessness.

**Good for treating:** Restoring the body's natural balance



## WHY TREATMENTS

### First Pool Spa Treatment

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#### AFTER 5 MINS

Your blood pressure and pulse rate start to drop.



#### AFTER 10 MINS

Your circulation improves in your hands and feet, making them feel warmer.



#### AFTER 15 MINS

Your muscles will relax, become more receptive to passive exercise. Fibrous tissue become more pliable encouraging the release of lactic acid and other toxins from your system.



#### AFTER 20 MINS

Your aches and pains will experience a temporary decrease in severity.

### Long-term Pool Spa Treatment

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#### AFTER 3 TREATMENTS

Your immune system will be improved.



#### AFTER 5 TREATMENTS

Tension, emotional and physical pain will be noticeably reduced.



#### AFTER 10 TREATMENTS

Your pain relief will become longer-lasting, improving your overall sense of well-being.



#### AFTER 20 TREATMENTS

You will have a heightened tolerance to illness and depression, your skin will be visible clearer. Your muscle, skin tone and mobility will all improve.



## WHY POOL SPA

• Cutting edge 'designer' aesthetics providing the ultimate in luxury bathing

• Pioneering hydro-massage technology for unrivalled health benefits

• Innovative component efficiency, quality and location for maximum product effectiveness

• Advanced electronics resulting in sophisticated product usability

• Fully structured aluminium support frame providing greater rigidity



• The UK's most sanitised bathing experience

• 10 Year Lucite Sanitary Acrylic Guarantee

