



THE
RITUAL





1. CLEANSING SHOWER & BODY SCRUB

Rinse and scrub your body in the shower using the Body and Facial Scrub to activate circulation.

2. WARM UP

Enter one our dry saunas and warm up.

3. COLD ARCTIC BATH

Plunge or step mindfully into the arctic bath. Use your breath and bodily sensations to relax and enjoy the cold water.

4. DOSE OF HEAT

Hydrate and apply the cooling Muscle Liniment on your neck, shoulders and tired legs.

Re-enter the hot sauna to experience the shift from the cold bath as your body starts to warm up.

5. COLD ARCTIC BATH

Why not channel your inner Viking and plunge into the cold bath again?

6. HOT TUB

Rinse in the shower and take the last step to relax in one of the warm hot tubs and let yourself be amazed by the landscape in front of you.

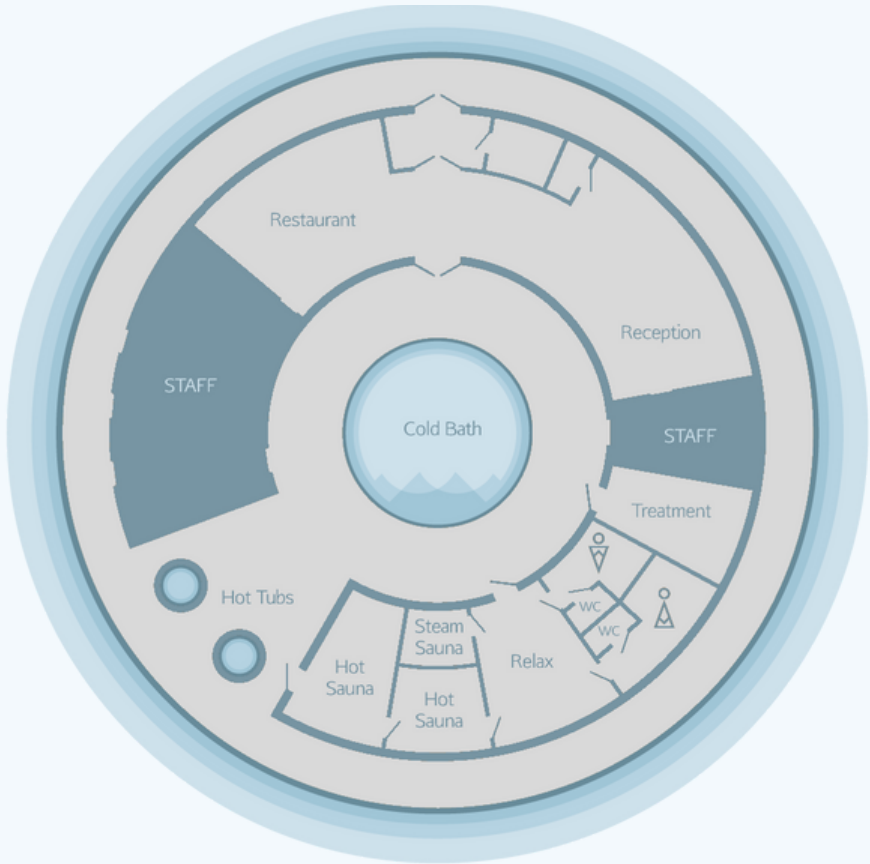
7. MOISTURIZE

Before leaving the SPA don't forget to apply the facial mask and body lotion to help hydrate your skin.

Drink plenty of water during the bathing ritual and walk carefully as the floors might be slippery.



THE FACILITIES



BENEFITS OF THE COLD BATH

Cold baths have been used for centuries for various health and wellness purposes. While the benefits of cold baths may vary from person to person, here are some potential advantages:

- **Improved Circulation:** Cold water immersion can stimulate blood flow and circulation. When your body is exposed to cold water, your blood vessels constrict (vasoconstriction) to conserve heat. Once you warm up, they dilate (vasodilation), allowing for increased blood flow. This process can help improve overall circulation.
- **Reduced Muscle Soreness:** Athletes and individuals who engage in strenuous physical activity often use cold baths to reduce muscle soreness and inflammation. Cold water can help constrict blood vessels, which may reduce the accumulation of lactic acid and other waste products in muscles, potentially speeding up recovery.
- **Pain Relief:** Cold therapy can temporarily numb painful areas and provide relief from conditions such as headaches, migraines, and joint pain.
- **Improved Mood:** Cold exposure is believed to stimulate the release of endorphins, which are natural mood boosters. Some people find that taking cold baths can help alleviate symptoms of depression and anxiety.
- **Enhanced Immunity:** There is some evidence to suggest that cold exposure may stimulate the immune system. Cold baths may lead to an increase in white blood cell count and activity, potentially strengthening the immune response.

- **Stress Reduction:** Cold baths can trigger the body's stress response and may help individuals adapt to stress over time. This adaptation can lead to increased resilience to stress.
- **Better Sleep:** Some people report improved sleep quality after cold exposure. The drop in body temperature that occurs after a cold bath may help induce drowsiness and promote better sleep.
- **Skin Health:** Cold water can tighten the pores and may be beneficial for people with acne-prone skin or conditions like eczema. It can also improve the overall appearance and vitality of the skin.
- **Weight Management:** Cold exposure can increase the body's energy expenditure as it tries to maintain a stable core temperature. This may contribute to calorie burning and potentially aid in weight management.

It's important to note that while cold baths offer potential benefits, they may not be suitable for everyone.

People with certain medical conditions, such as cardiovascular problems or Raynaud's disease, should consult with a healthcare professional before attempting cold exposure. Additionally, individuals new to cold baths should start gradually to allow their bodies to adapt to the stress of cold exposure and avoid overexertion or shock.

