

INFORMATION FOR CUSTOMER



SPA APHRODITE
RAJECKÉ TEPLICE

TURKISH BATH

Alternating whole body bath in hot and cold natural thermal water to reinforce cardiovascular and immune system. Changing the hot and cold stimuli results into constriction and dilatation of the blood and lymphatic vessels, muscle relaxation and overall immunologic reaction of organism.

Temperature of hot pool: 40 - 41°C

Recommended time: 5 - 10 minutes

Effect: vasodilatative, spasmolytic, analgetic, regenerative, cosmetic and anticellulite

Temperature of cold pool: 12 - 14°C

Recommended time: 1 - 2 minutes

Effect: vasoconstrictive, analgetic, invigorating, cosmetic and anticellulite

Recommended bath procedure:

take a tepid bath, slowly dive into hot pool, stay there 5-10 minutes, move to cold pool, dive slowly into it, stay there 1-2 minutes and repeat it max. 3 times, subsequently relax on the bed for about 10 minutes, drink some water and remain calm during the whole procedure

Contraindication:

stay in the hot bath is not recommended to a person who suffers from cardiovascular diseases, to elderly above 70 years, ischemic heart disease, hypertension, any acute and high temperature conditions, infectious skin disease, hot or cold allergy, pregnancy, epilepsy, varicose veins or any acute vein disease, children under 12

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