

# Wellness Guide



HYDROPOOL  
Staffordshire



HYDROPOOL  
Wiltshire



## *Water as therapy*

**Throughout history many cultures have welcomed the warm, healing embrace of a long, hot soak in a tub.**

Egyptian royals took theirs with essential oils and flowers. The Romans and Japanese bathed communally in thermae and onsens.

Wallowing in warm water is one of the oldest forms of alternative therapy, and there's good reason why this practice has stood the test of time.

Hydrotherapy works wonders for all kinds of musculoskeletal conditions, including fibromyalgia, arthritis and lower back pain.

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# Rehabilitate

*The comfort of warm water  
is hardwired in our brains  
from infancy.*





Hot tubs and swim spas are a tonic for aching muscles because they raise the temperature of sore muscles and block pain receptors.

Hydropool's NASA inspired technology locks in the heat. The **“out of this world”** experience continues with the feeling of weightlessness when submerged which promotes natural healing and improves postural stability.

At the touch of a button, a fully automated wellness programme delivers eight types of **hydrotherapy treatments** lasting between 25 to 35 minutes to tackle ailments like leg pain, back pain and sports injuries.

Strategically positioned jets pulsate to work every muscle group with gentle or deep tissue massage. Hydropool's **“Zone Therapy”** available with any Self-Cleaning Platinum hot tub has been developed in collaboration with physiotherapists, osteopaths and chiropractors.

Zone 1 activates the paravertebral muscles - which contribute to headaches when fatigued - releasing tension in the dorsal muscles.

To soothe the strain of everyday life from your back, neck and shoulders, Zone 3 releases any tension and pain in the solar plex area, leaving you feeling totally rejuvenated.

For sporting enthusiasts, the spa's **reflexology system** refreshes tired feet by deeply massaging the small venous areas in the arches of your feet.

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**Relax**

*A soak before bed time is the perfect  
wind-down and induces restful slumber.*



Even the smallest of Hydropool's Self-Cleaning hot tubs are crafted in such a way that they can hold a generous 825 litres of warm water.

The superior ergonomic design cocoons and hugs your body while soft pillows support your head for maximum comfort.

Our showroom offers a taster session so you can see for yourself which design suits you best.

**“The wide variety of never float loungers, higher cool down captain seats, comfortable bench seats and body form loungers means there's a seat that's perfect for everyone with plenty of legroom to stretch out and relax.”**

Jeff Allen, Hydropool Staffordshire Manager



A good soak before bed can **help us drift off to sleep** and improve the quality of your slumber. At night there's a drop in our melatonin, the hormone that induces sleep.

By having a dip in the hot tub before bed you can artificially raise your body temperature before allowing it to drop again as you get used to the cooler environment of the bedroom.

You can achieve a **meditative like state** with the optional extras of sequenced lighting illuminating fountain jets and a range of aromatherapy scents to set the mood for your sensory hot tub experience.

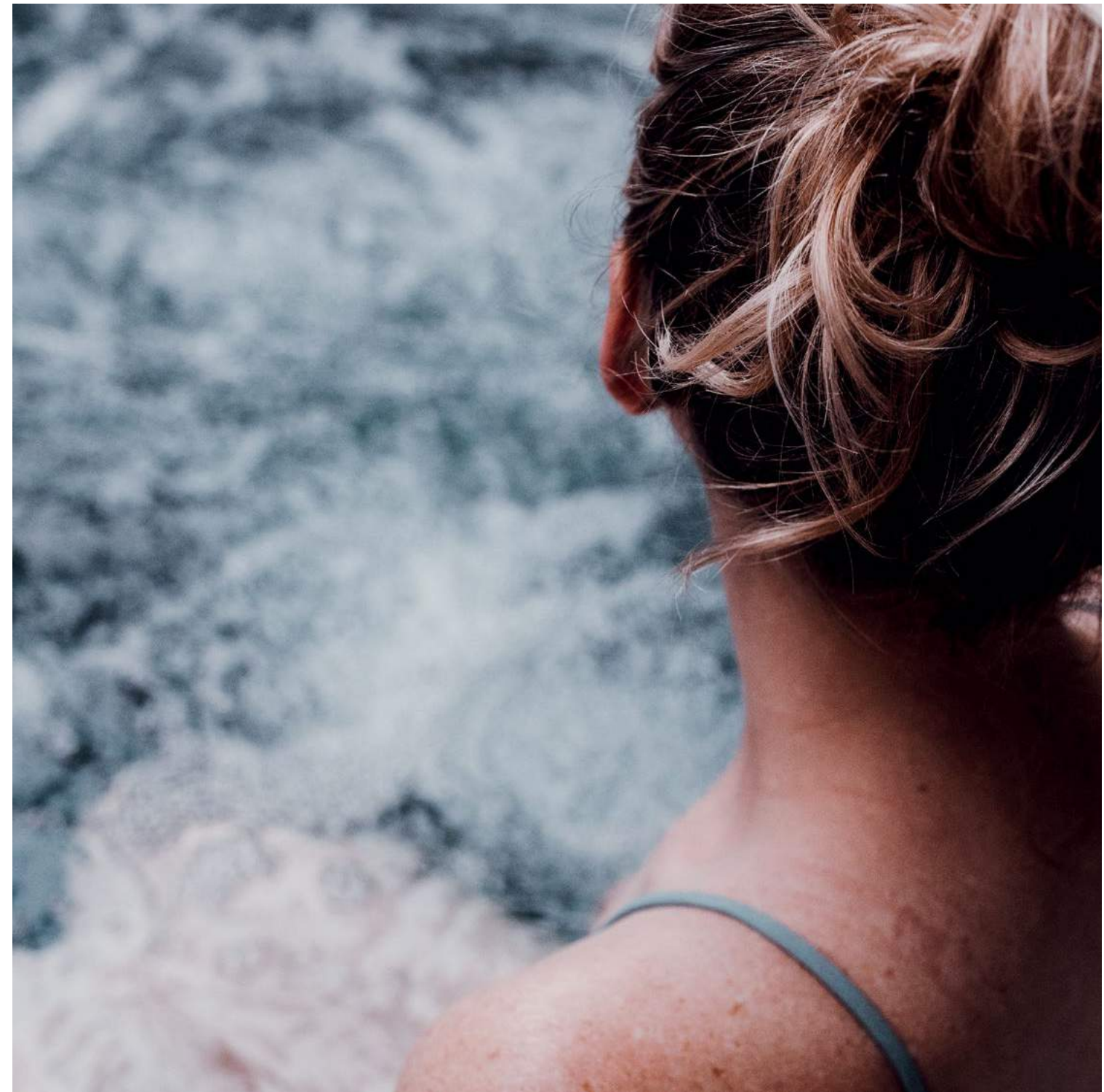
The **heat, improved circulation, release of tension and quicker lactic acid removal** will result in a comforting state of relaxation and tranquillity.

If we all got more sleep we'd live longer, have more energy and better skin.



## Big Sleep Ritual

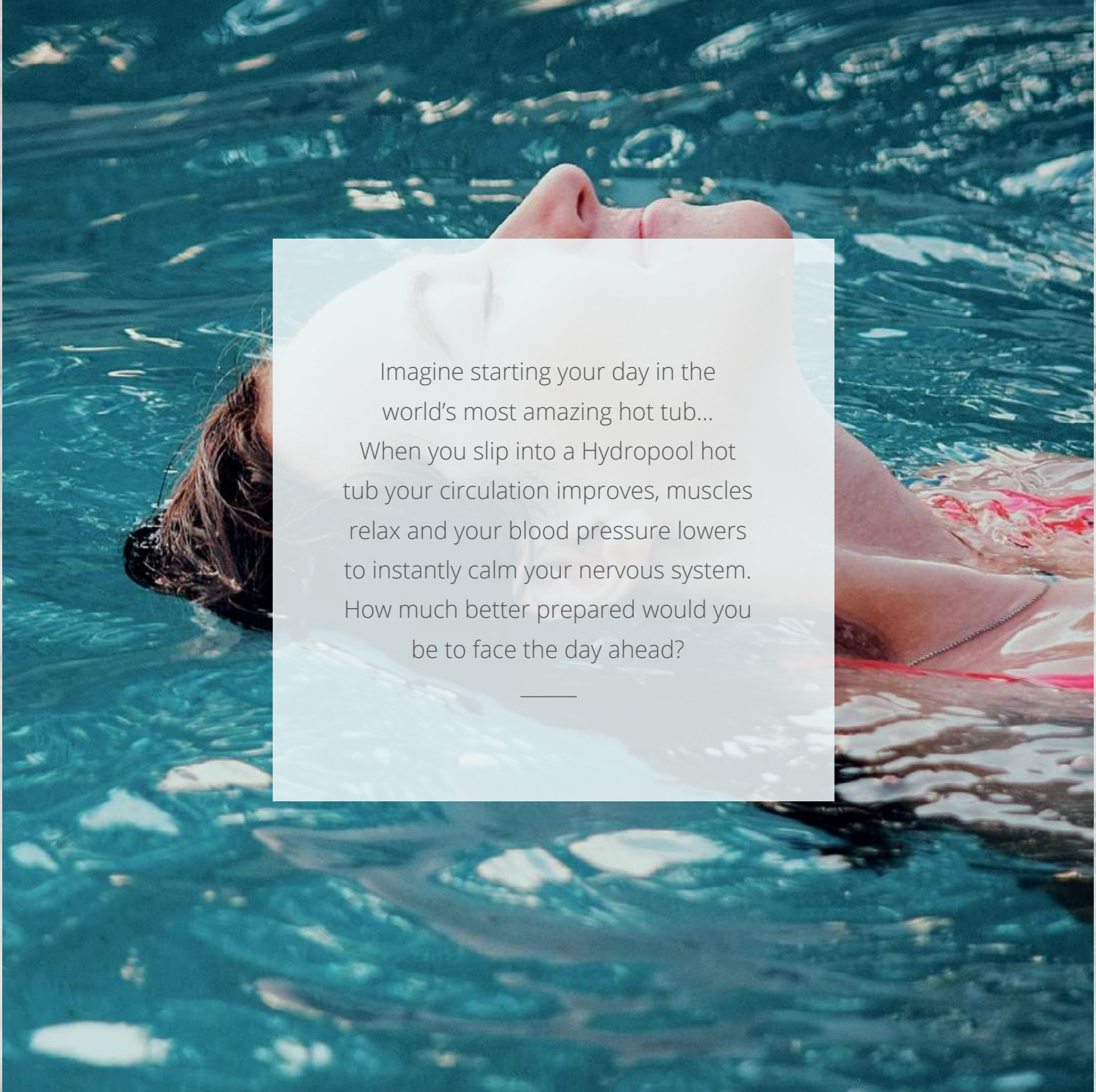
- Watch your caffeine intake
- Eat your evening meal as early as you can
- Set the mood – dim the lights, play music & check water temperature
  - Switch off – try star-gazing or reading a book
  - Take a moment – pat yourself dry with a fluffy towel
    - Keep your phone on mute
    - Try a calming pillow mist
- After bathing lie down to allow body and mind to wind down
  - If something is bothering you, write it down





A soft, abstract watercolor splash in shades of light blue and white, located on the left side of the page.

# Rejuvenate

A photograph of a woman with long brown hair floating in a hot tub, her head tilted back and eyes closed in relaxation. The water is a deep teal color with ripples. A semi-transparent white text box is overlaid on the right side of the image.

Imagine starting your day in the  
world's most amazing hot tub...  
When you slip into a Hydropool hot  
tub your circulation improves, muscles  
relax and your blood pressure lowers  
to instantly calm your nervous system.  
How much better prepared would you  
be to face the day ahead?

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The “**full body awakening programme**” is a 10-minute treatment that sets you up for anything the day has in store. For extra zing, add ginger or ylang ylang from the dream scent aromatherapy range. Or upgrade to the **hydroflex air therapy system** where up to 10,000 perfectly aimed heated air bubbles apply ideal pressure to give you an all-over therapeutic massage.

Hydropool hot tubs and swim spas are made for Canadian winters so are perfect for use **365 days a year**. In the snow and frost they make the perfect winter warmer and as the days lengthen, they offer an enlivening pick-me-up.

The industry leading self-cleaning technology means every last drop of water is cleaned every fifteen minutes for optimum purity.

By elevating your body's temperature, you can ward off seasonal coughs and sniffles by helping elements of the immune system to function more efficiently.

An hour spent in the tub also **burns 126 calories**. That's the same as a 30-minute walk for sitting back and relaxing in the comfort of your own home.

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## HYDROPOOL

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