

5 tips for wellness in the bath by



- 1 A bath that's too hot makes you sluggish...**

Hot bath temperatures – above 38 °C – cause the heart to beat faster and make you feel weary and extremely lethargic. Your skin loses at least 20% of its natural oils; even if moisturizing bath products are used, it becomes extremely dry. Don't spend more than 15 to 20 minutes in warm water.
- 2 The best bath time...**

Taking a bath after 9 o'clock in the evening is an ideal way to really relax. The bath should not be any warmer than 37°C. Adding a relaxing ingredient to the water such as Lemon balm or Vanilla is very good for the body. Afterwards you can go to bed relaxed and fall asleep contented.
- 3 Health aspects...**

The effects of temperature (warm/cold) and the feeling of weightlessness can play an important role in treating circulation problems, rheumatic conditions and reduced muscular mobility. Immersion in water, with its support for body weight, provides relief for joints and muscles. As well as pure water, both cold and warm, bath additives can be helpful – either to aid relaxation or to invigorate.
- 4 That makes scents...**

Scents and fragrances can create positive emotions and moods and directly affect our sense of well-being. The effects of pure ethereal oils can be obtained by adding them to the bath or using an aroma lamp. Ethereal oils such as Eucalyptus, Pine and Lemon Balm are ideally suited for preventing and relieving colds, headaches and muscle pain; The pleasantly-scented exotic fruit oils of Orange, Gingko and Vanilla invigorate both body and spirit that aid relaxation and enliven the senses.
- 5 Variety at bath time...**

A bath pillow makes things more pleasant – placed under the neck it helps to relax the neck and shoulders as well as make the lying position more comfortable. The active massage jets in a whirlpool bath promote even better relaxation, making it a worthwhile investment. And bath time pleasure is completed with candlelight and your favorite CD.