



# hydrotherapy circuit

Activation + Detoxification + Reduce Inflammation + Relax



This outdoor hydro circuit is the best scenario for rejuvenating and detoxifying body and mind.

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## 1 Activation

10-15 seconds in the Rainforest Showers before entering the pools.

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## 2 Detoxification

10 min in our hot areas where blood vessels dilate, reducing blood pressure and increasing blood flow through skin, tissues and muscles causing a deep state of detoxification. This hot areas are: [Hot pool](#)- [Hammam](#)- [Sauna](#)

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## 3 Reduce Inflammation

20-60 seconds in the cold plunge after the hot areas, create a shock, contracting blood vessels, reducing possible inflammation and congestion, causing better blood flow to internal organs. This contrast also tonifies the skin and helps recovering energy for a healthy state of mind.

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## 4 Relax

Close this circuit with 15 min of relaxation, pampering yourself in the different relaxation areas:

- Silent relax area: Beds, chairs and firepits surrounding the pools
- Mindfulness terrace
- Relax pool: warm pool
- Massage cabin choosing your ideal treatment.

During this stage of the circuit, the cardio-vascular system auto regulates, stabilizing the cardiac rhythm to achieve a profound wellness state.

In order to make the best out of your renovation experience, we suggest to repeat the circuit twice.



Our Mantra

disconnect to  
reconnect

Our invitation

Embrace silence.

We ask you to avoid talking during your stay at Rodavento SPA and observe the benefits of this practice.

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