



HYDROTHERAPY SHOWER BATHS

WHAT ARE THE HYDROTHERAPY SHOWER BATHS?

Hydrotherapy is that form of physical treatment whose beneficial effects are due to the terminal and mechanical action exerted by the running water over the human organism. The shower is one of the best forms of hydrotherapy because, as renewed without stop, the water which is in touch with our body brings about the continual renewal of sensations and stimulus.

Nowadays the development of the modern technology has furnished to this cure and relaxing therapy a series of improvements in the materials and components which have supposed an authentic revolution, so that its appearance, constructive system and therapeutic effectiveness has been transformed.

BENEFITS

Nervous reaction: sensibility reaction, it changes depending on the water temperature. It is excited in its higher degree of peripheral sensibility with cold water, especially the superficial vessels, what makes the nervous system to recovers and increases its tone, and so this reaction be especially tonic. Warm water produces over the nervous system a sedative and lightly tonic effect.

Circulatory reaction: IT IS CONCENTRATED ON PRODUCING, depending on the water temperature, the vasoconstriction or the vasodilating. When getting in touch with the cold water, the peripheral vessels contract, the skin turns pale and the heart reduces its beats increasing the blood pressure. After a while the skin turns red, the blood pressure lowers and the heart accelerates its beats. With the warm cold water cycle

Provides nervous stretching.

Muscular relaxation.

Circulatory system stimulation.

Attenuates articulations aches.

Reduces the stress effects.

HOW TO TAKE THE HYDROTHERAPY SHOWER BATH?

As can be observed in our web page, we have an ample range of hydrotherapy shower baths with different features and therapeutic utilities. Because of this, the use of each one of these will be on the basis of the type of physique muscular state but also the area where is wanted to fall upon to do the therapeutic massage.

In this type of shower baths the sessions normally are conditioned to the type of specific therapeutic utility and its length oscillates between 7 – 15 minutes. It is not recommendable to do sessions longer than 20 minutes although the therapist must be the one who indicates the type of shower bath and the time of the session.