



## **PEDILUVIUM**

### WHAT'S THE PEDILUVIUM?

*This treatment has been converted into one of the essential points of any thermal circuit. And the point is that if what you want is reactivate the circulation of your legs, this method can become one of the great allies. It has to do with a corridor which has a system of bithermal lateral water jets – cold and warm water are alternated – and boulders on the floor that activates the circulation.*

*A so simple phase as walking over these boulders while we receive the effect of the water over the legs and feet, we will attain to prevent, improve and alleviate circulatory upsets.*

*In the same way is activated the circulation in the sole of the feet, at the same time as we stimulate the energy points which control the rest of the body and eliminate the heaviness sensation.*

### BENEFITS

*Nervous reaction: sensibility reaction varies depending on the water temperature. With cold water it is excited in its highest degree the peripheral sensibility, especially the superficial vessels, what makes that the nervous system recovers and increases the tone, so that this reaction be especially tonic. Warm water produces a sedative and lightly tonic effect over the nervous system.*

*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.*

*Provides nervous stretching.*

*Muscular relaxation.*

*Circulatory system stimulation.*

*Attenuates articulations aches.*

*Reduces the stress effects.*