



ΑΓΛΙΟΣ ΧΟΡΟΣ

## **ROMAN THERMAL BATH**

### **WHAT'S THE ROMAN THERMAL BATH?**

*Roman thermal bath is a prefabricated habitation in acrylic material or construction worked built in which an atmosphere is created with the object to get a high degree of sweating with a minimum alteration of the pulse-rate. The thermal bath session can be done daily and the counter-indications are almost non-existent. The therapeutic utility of this thermal bath is very similar to the one of the steam bath although with a different atmosphere, where there is not steam as impurities removal is fallen upon through the sweat. It produces a stable emotional state and reduces notably the states of nervous tension, nervous upsets, stress and depressive processes.*

**ROMAN THERMAL BATH SPECIFIC CLIMATE:** Temperature: 45 – 55°C. Humidity: 65 – 70% RH (Relative Humidity).

### **BENEFITS**

*Nervous stretching. Relaxation.  
Respiratory ramifications dilation. Oxygenation.  
Respiratory ducts humidification. Softening.  
Peripheral vasodilating. Stimulation of the circulation.  
Skin toxins cleaning. Sweating.  
Avoids skin drying out.  
Delays wrinkle appearance.  
Moisturizes the skin and gives to it more smoothness, evenness and beauty.*

### **HOW TO TAKE THE ROMAN THERMAL BATH:**

*The steam bath beneficial therapeutic effect is not immediate, due to it the sessions must be done regularly.*

*Warm water shower.  
Start of the pore opening process.  
Wipe away correctly the whole body.  
Entrance in to the cabin.  
Stay in the cabin between 10 – 35 minutes.  
Before leaving and if you have taken the bath lain down is advisable to stay seated 2-3 minutes.  
Leaving the steam bath.  
Shower bath with cold or warm water according to your own liking.  
A warm feet bath helps the blood circulation.  
Start phase 3. Repetition phase.  
Repose phase: this phase is important as it complements the relaxation process.  
Moderate water shower again to eliminate all the sweating.*



*The distinguishing characteristic of the thermal bath in relation to the rest of thermal baths consists in the especial climatic conditions of humidity and temperature which are produced and stood in it.*

*Temperature between 45°C and 55°C and humidity level relative to the air of 65%-70% RH (Relative Humidity).*

|                           | <b>TEMPERATURE</b> | <b>HUMIDITY % RH</b> |
|---------------------------|--------------------|----------------------|
| <b>SAUNA</b>              | 80 °C a 100 °C     | 5% - 20%             |
| <b>ROMAN THERMAL BATH</b> | 45 °C a 55 °C      | 65% - 70%            |
| <b>STEAM BATH</b>         | 35 °C a 45 °C      | 100%                 |

