The **HYDROPOOL**

# Serenity Hot Tubs Personal Wellness Guide



# Welcome

The World Health Organization (WHO) defines the concept of health as follows: *"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."*

Personalized usage of your hot tub can help you benefit from a genuine sense of well-being. With this guide, we gathered the basic health issues mentioned by our customers to provide you with the means to benefit fully from your hot tub's potential.

We are all unique individuals. Our genetic makeup, our body size and our lifestyle all play a role in defining our sensitivity to various recommended massages.

First of all, immersion in warm water places the body in an environment where gravity is practically non-existent. Specific targeted massage action brings multiple benefits, this in turn leads to a release of various tensions.

If you suffer from severe and recurring disorders, we highly recommend that you speak with your physician. You may benefit from discussions regarding various types of massage for your particular ailment.

This guide covers the main health issues for which your hot tub can bring some relief, as well as certain themes related to relaxation (reflexology zones, colour therapy, essential oils). You can pair up various approaches for more effective results.

HYDROPOOL
hot tubs · swim spas

THE WATER IS CALLING.



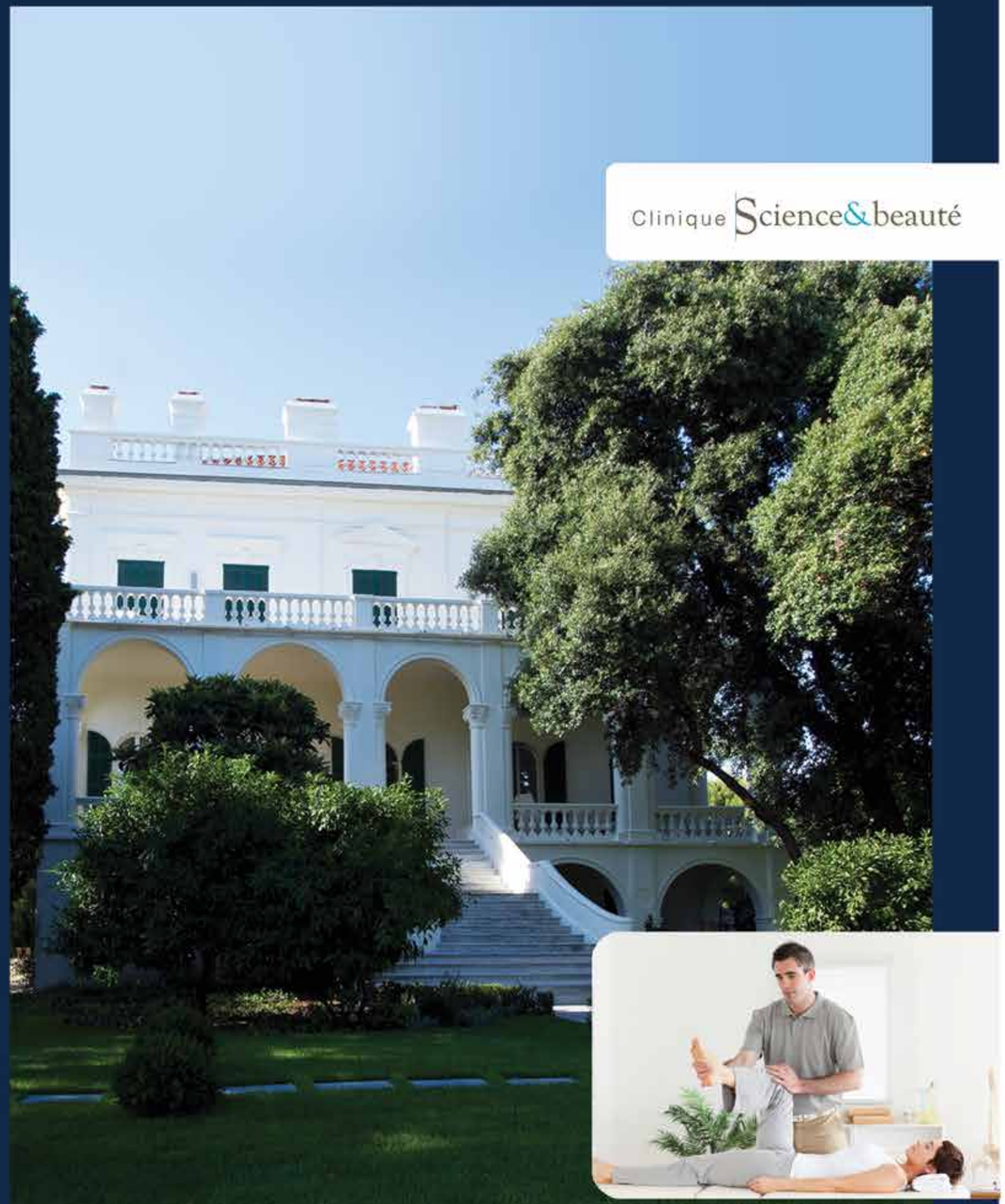
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# Acknowledgments

## THE CLINIQUE SCIENCE & BEAUTÉ

This Wellness Guide has been developed with our health and beauty partner the Clinique Science & Beauté located on the Cap d'Antibes in France.
This new centre has been created to inspire, promote and provide a means for the improvement of performance of the human body and being. It takes its source of inspiration in the two words that define their identity: the "health" of the body, and the "beauty" of the being.

**DR. MICHAEL PREBEG** is a chiropractor who specializes in the treatment of sports injuries and is a contributor to what was developed in this Guide. The combination of ART, Contemporary Medical Acupuncture, and joint manipulation has helped athletes of all levels with injury recovery and in performance enhancement. Dr. Prebeg practices as a consultant with Athlete's Care Clinics located in the greater Toronto region.
Dr. Prebeg is currently a consultant with many Olympic and professional athletes (MLBA, NHL, NFL, CFL). He has covered the World Track and Field Championships in Edmonton 2001, and Paris 2003, Goodwill Games 2001, World Cup of Track and Field 2002, US National Championships outdoor and indoor 2002, 2003, NCAA Track and Field Championships 2003, and the World Basketball Championships.

*A hot tub session speeds up the natural healing process.*
*"It calms down the aching muscle pain and relaxes the muscle fibers for an optimal full back relaxation."*

**Dr. Michael Prebeg** DC, BSc, CSCS
Certified Chiropractic Sports Physician

# What is behind our zone hydrotherapy and jets.

# OUR HOT TUB BY HYDROTHERAPY ZONE
for all Hydropool Serenity Hot Tubs

## ZONE ONE
### Core Zone

## T-CLASS JETS
(Neck /Paravertebral Jets)

**T1 JETS**

Percussion Massage that massages trigger points to relax & energize neck muscles using a direct stream of water.

## P-CLASS JETS
(Deep Tissue Jets)

**P1 JETS**

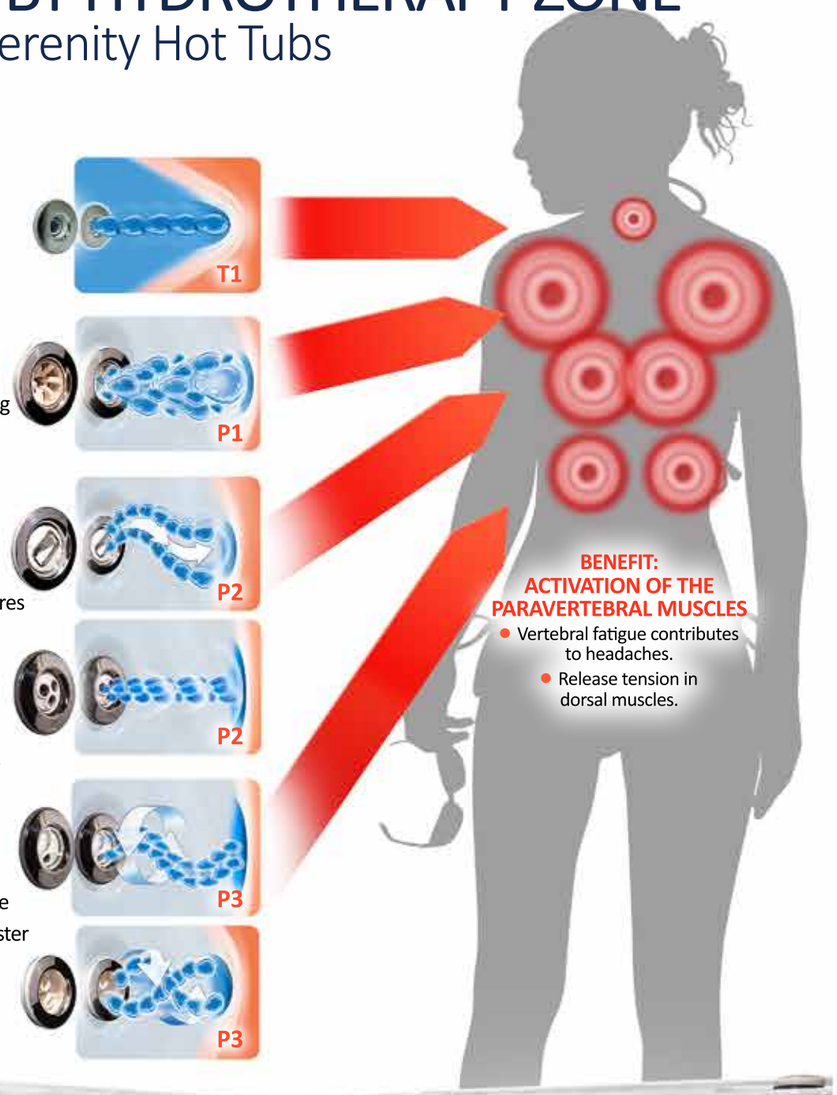
Friction Massage relaxes muscles and prepares them for a deeper massage.

**P2 JETS**

Kneading Rolling Massage achieves a deep penetration of muscles by use of Resonator Jets that use a steady waving dual stream or Pulse Massage Jets that provide a steady pulsating stream.

**P3 JETS**

Vibration Massage that shakes muscles loose and relaxes them by using Power Storm Twister Jets that create a steady pulsating stream of water or Twin Roto Jets provide a steady pulsating dual rotating stream.




**Please Note before you start your massage:**

The hot tub temperature should be set for maximum comfort. Feel free to change it to what suits you best. For best results, it should be set between 34° and 37°. Your first goal is to find a seated or prone position that will allow you to relax completely for 3 to 5 minutes before you start your session. During this phase, you should simply enjoy a hot bath, relax your mind and your muscles.





## ZONE TWO
### Overall Body Zone

## L-CLASS JETS
(Pressure Point Jets)

**L1 JETS**

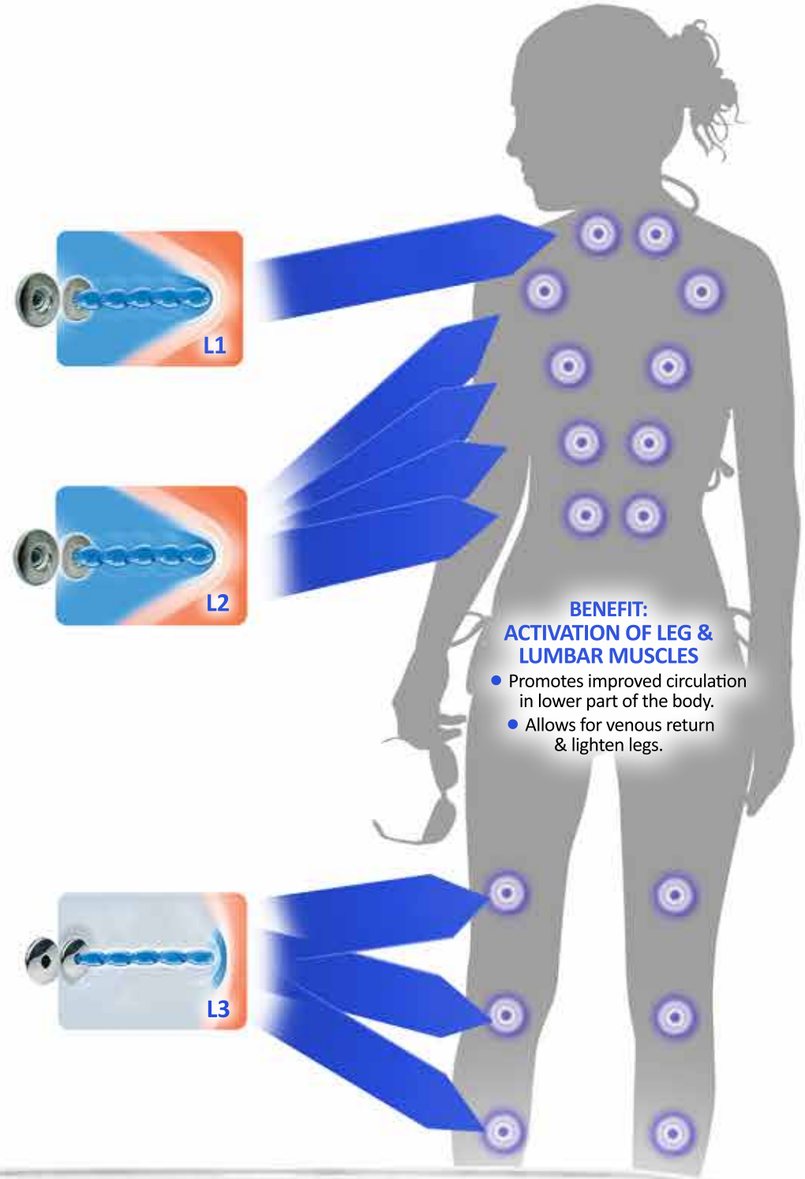
Directional Percussion Massage that targets trigger points in your lower body / Lumbar region to relax and energize muscles using a steady single pulsating stream.

**L2 JETS**

Shiatsu Style Fine Finger Pressure Massage Jets delivering soft, targeted streams of water to stimulate vital acupressure points that release strain and discomfort. Using a direct targeted stream.

**L3 JETS**

Relaxation Jets that massage soft tissues by mimicking the feeling of delicate fingers.The gentle, broad coverage of comforting bubbles cradle the skin & soothe your senses.






# ZONE THREE
## Upper Body Zone

## U-CLASS JETS
(Muscle Release Jets)

### U1 JETS
Targeted Massage Provides a targeted massage to increase circulation and promote relaxation.

### U2 JETS
Friction Massage
Relaxes muscles and prepare them for a deeper massage.

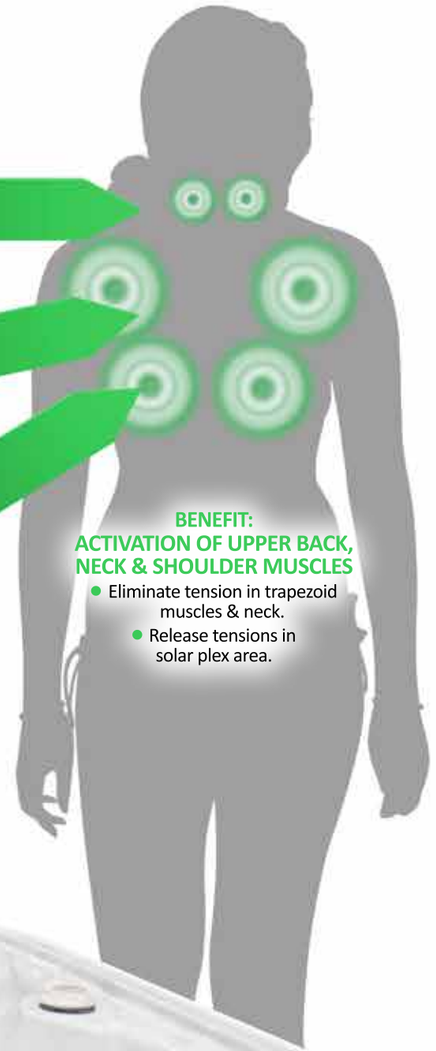
### U3 JETS
Circular, Kneading Massage delivering a bold & targeted massage using a high volume stream.









**BENEFIT:**
**ACTIVATION OF UPPER BACK, NECK & SHOULDER MUSCLES**
- Eliminate tension in trapezoid muscles & neck.
- Release tensions in solar plex area.





# ZONE FOUR
## Reflexology Zone

## R-CLASS JETS
(Accu-Pressure Jets)

### R1 JETS
Targeted Massage Provides targeted stimulation to pressure points in the arch of your feet to drive out stress.






**BENEFIT:**
**ACTIVATION OF FOOT ARCH MUSCLES**
- Deeply massage the small venous areas in your foot arch.
- Your feet take the brunt of most sports.



**Please Note at the end of each massage session:**
Turn off the jets, leave the hot tub in low speed filter mode and enjoy a still bath, without massage, for 3 to 5 minutes, to relax the activated areas of your body.



# HOT TUB ZONE LOCATOR FOR ALL HYDROPOOL SERENITY HOT TUBS...

## ZONE ONE: Core Zone

Model 6900 | Model 6800 | Model 6600 | Model 5900 | Model 4500 | Model 4300



## ZONE TWO: Overall Body Zone

Model 6900 | Model 6800 | Model 6600 | Model 5900 | Model 4500 | Model 4300



## ZONE THREE: Upper Body Zone

Model 6900 | Model 6800 | Model 6600 | Model 5900 | Model 4500 | Model 4300

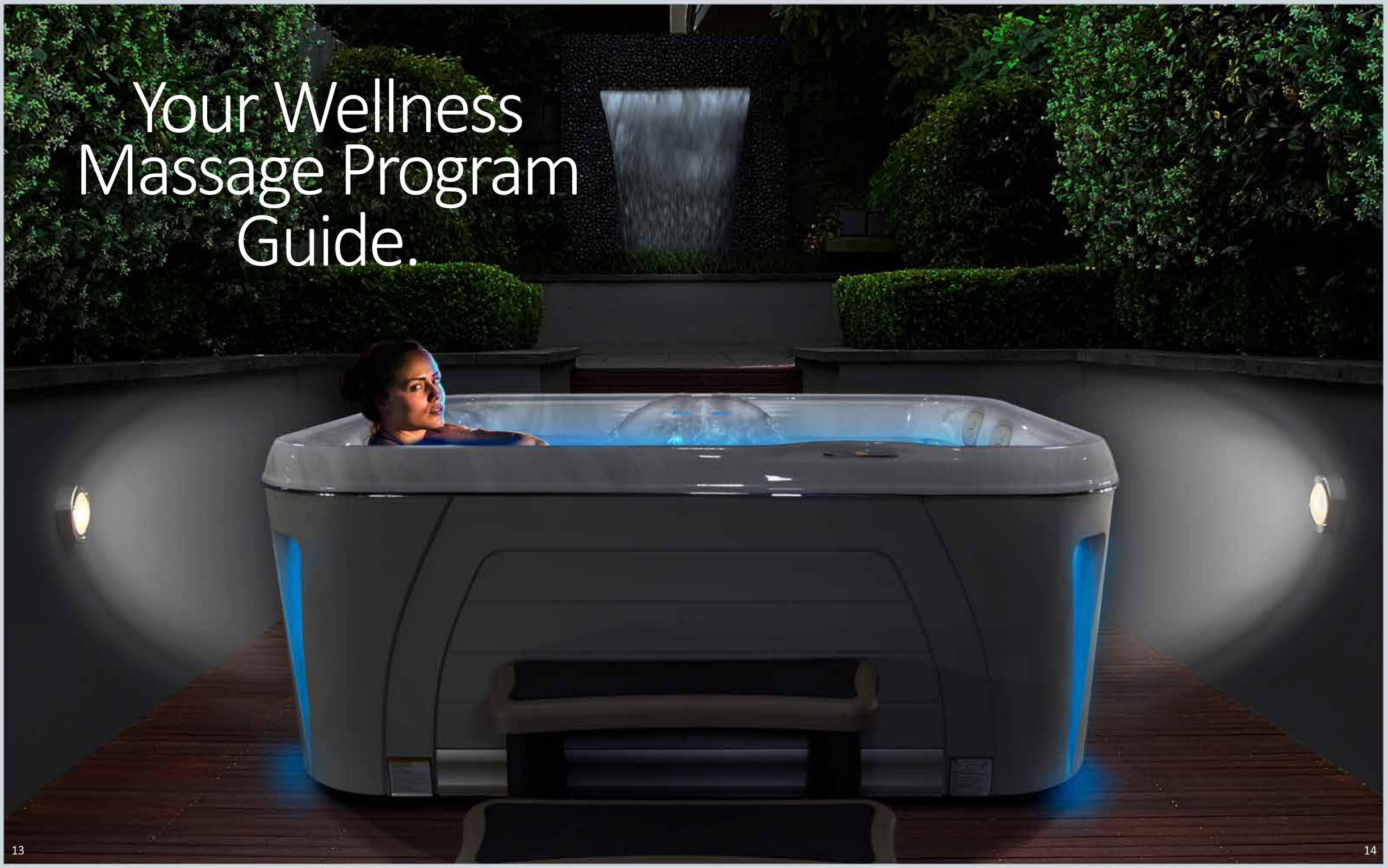


## ZONE FOUR: Reflexology Zone

Model 6900 | Model 6800 | Model 6600 | Model 5900 | Model 4500 | Model 4300



# Your Wellness Massage Program Guide.



# LEG PAIN

*Treatment Program*

DREAMSCENT AROMATHERAPY SUGGESTION:

Bergamot & Lemongrass or Tangerine & Grapefruit

The feeling of *"Heaviness in the legs"* is caused by an issue with the venous return process. After leaving the heart to circulate to the lower extremities, the blood returns to the heart to gain oxygen. The process is passive and is driven by the pumping action of the muscles.

The veins contain *"check valves"* that prevent venous stasis. Over time, if these valves fail to work properly, you may notice the appearance of varicose veins. Sometimes, the problem is simply that the veins have lost their mobility and that the venous return process is not sufficient. Then, the blood stagnates, which provokes the appearance of heavy legs symptoms.

These symptoms are usually recurring episodes of "pins and needles", and sometimes very painful cramps during sleep. To help these symptoms, the goal is to improve venous return through active venous drainage (efficient muscular activity) or passive venous drainage (muscular relaxation).

**RECOMMENDATION:** For muscular relaxation, we recommend a half-hour long walk before you begin the Initial Relaxation Phase.

### 1] INITIAL RELAXATION PHASE: DURATION 5 MIN

Position yourself comfortably in massage *ZONE 1 (CORE ZONE)*, with the diverter valve turned to *"activate"* the jets in that zone. Enjoy a massage to the left and the right of the spine by alternating over a line of jets. The jets on each side of your spine will relax your paravertebral muscles.
These powerful muscles house a lot of tension since they serve to stabilize the spine.





### 2] LOWER BACK DETOX PHASE: DURATION 5 MIN

This is the most important phase to relieve leg pain. Pelvic stasis can impede the venous return process as the blood travels back to the heart.Therefore, it is important to release this area so that the blood finds no obstacles on its way up, but also to create negative pressure in the pelvis.
This will "pump" the venous leg blood back to the heart.
To this end, position yourself in massage *ZONE 2 (OVERALL BODY ZONE)*. Fully open the lumbar jets to dislodge the fatty deposits under the skin which could compress the veins and impede venous return. This step must be performed rigorously since it will optimize the next phase. Move slightly from left to right, then to the side, to create a general lumbar and pelvic massage.

### 3] ACTIVE RETURN PHASE: DURATION 10 MIN

Now that your pelvic area has been relaxed, move on to the venous return process in the legs. Remain in massage *ZONE 2 (OVERALL BODY ZONE)* and position yourself so that your legs rest on the calf jets.
The optional HydroFlex Air Therapy Massage will let your legs feel lighter.
This will activate your circulation, especially if you apply the massage from bottom to top, while, ideally, maintaining your feet above your pelvis. The water jets will further relax your lower body allowing for an overall massage.

**LIGHT** In phase 4 will come on and circulate through colors to allow the energy to reach a state of well-being. After the program has completed lock the light setting on Red to allow your vitial energies to reach a state that promotes well being and balance.

### 4] REFLEXOLOGY PHASE: DURATION 5 MIN

Now that circulation has been restored in the legs and pelvis, you then need to do the same for the feet so that all lower extremities are lightened. Simply position yourself in massage *ZONE 1 (CORE ZONE)* facing medium jets or foot-specific jets in massage *ZONE 4 (REFLEXOLOGY ZONE)*. These *"foot jets"* serve to deeply massage the small venous return - activating veins in your plantar arch. The feet often bear the brunt of sports activity related and the "foot jets" will provide a deep massage of the small plantar arch veins that activate venous return.



# BACK PAIN

*Treatment Program*

DREAMSCENT AROMATHERAPY SUGGESTION:
Ginger or Spearmint & Eucalyptus

**POSSIBLY THE MOST COMMON OF ALL AILMENTS...** Some have said that man has evolved from quadruped to biped much too quickly! Few are those who have never endured a “crick in the neck” or simple back pain. Back pain is caused by a variety of reasons, often combined. Your spine’s sworn enemies can be an unhealthy diet, trauma, intense physical activity or conversely, a sedentary lifestyle. Each of these enemies causes reflective contraction of the paravertebral muscles, where back pain sets in. Unfortunately, there is no miracle cure. But to preserve your spine, your “tree of life”, the pain must be addressed.

**RECOMMENDATION: SPARE YOUR BACK!**
Whenever you work, use your leg muscles rather than letting your back muscles bear the brunt of your activity. To increase the muscularity of your abdominal belt and improve muscle tone. Lie on your back, with your pelvic area close to a wall, and lift your legs against the wall, perpendicularly, and remain in this position for approximately 5 minutes.

## 1] DEEP RELAXATION PHASE: DURATION 10 MIN

Position yourself comfortably in massage *ZONE 1 (CORE ZONE)*. The jets on each side of your spine will release the tension in your dorsal muscles. The first part is crucial to achieve great results later. In the mechanics of your back, the dorsal muscles serve as the base of the upper back and shoulder muscles. Therefore, this phase is obligatory at the beginning of your session to treat dorsal and upper back pain. Usage of an equivalent seat (with one line of jets) will be just as efficient (see the diagram).







**LIGHT** The color therapy will be on 100% of the time during this program. After the program has completed lock the light setting on Green to allow your vitial energies to reach a state that promotes well being and balance.



## 2] LUMBAR RELAXATION PHASE: DURATION 10 MIN

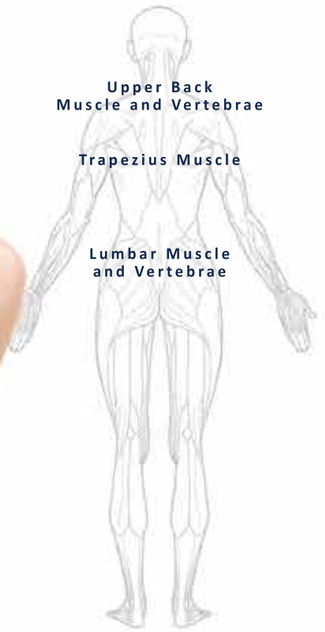
Position yourself in massage *ZONE 2 (OVERALL BODY ZONE)*, activate the jets in that zone. Fully open the jets at the base of in massage *ZONE 2 (OVERALL BODY ZONE)* to dislodge any lumbar tension.
Any general massage in this zone should be both wide-acting (move away from the jets) and very targeted (move in closer to the jets).

**TIP:** To facilitate tension release, move slightly back and forth, from front to back, to give your massage more effectiveness.

## 3] UPPER BACK/SHOULDER RELEASE: DURATION 5 MIN

This should be done exclusively in the last step, since most vertebral-based pain comes from the dorsal and lumbar areas. This third phase helps eliminate residual tension in the trapeziod muscles and the neck.
Put yourself in an upper-back position in massage *ZONE 3 (UPPER BODY ZONE)* to activate the jets in that zone, shut off the lower back jets and move gently up and down on the left and right areas while maintaining constant pressure to deeply massage the neck and trapezoid muscles.

**IMPORTANT:** Do not stop directly on the spinal column during these massages.






# DIET+ / BOOST

*Treatment Program*

DREAMSCENT AROMATHERAPY SUGGESTION:
Tangerine & Grapefruit

Cellulite is an issue with the visual appearance of the skin that primarily affects women, since our subcutaneous structure is dictated by hormones. The thighs, buttocks and knees are the most commonly affected areas. Any fatty deposits stored in those fibrous cells distort and swell-up the epidermis.

Hydro massage can help lymphatic circulation in a particular area to allow the reabsortion of fatty tissue. Depending on the affected area, you will need to devote approximately 30 minutes per session. On a single area, optimal results can be achievable after ten sessions or so: your skin's appearance will improve and your body shape will slim down.

**RECOMMENDATION: TISSULAR STIMULATION.**
The technique works by activating local circulation. Lymphatic circulation is improved and fibrous connectors are stretched.

### 1] INITIAL RELAXATION PHASE: DURATION 5 MIN

Position yourself comfortably in massage *ZONE 1 (CORE ZONE)* with the diverter valve turned to *"activate"* the jets in that zone. The jets on each side of your spine will release the tension in your dorsal muscles that can impede return circulation. This first part is crucial to improve your receptiveness to the subsequent massage.



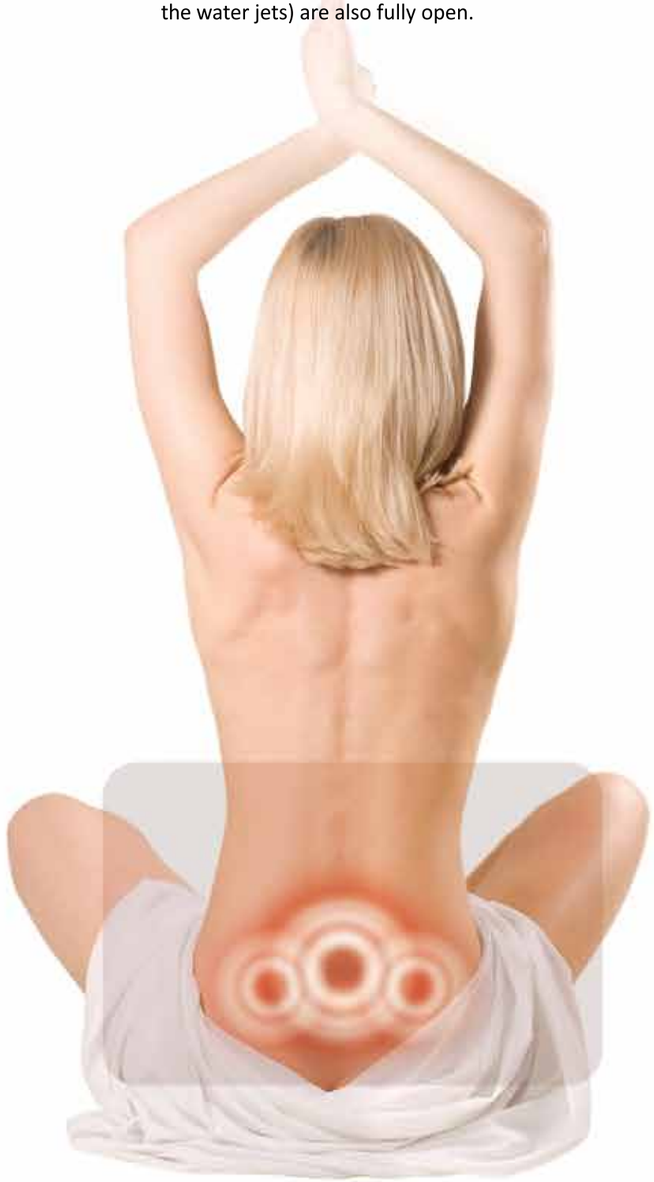


### 2] SECOND PHASE: DURATION 20 MIN

In this phase, you will have to alternate position in order to treat all affected areas. Position yourself in massage *ZONE 2 (OVERALL BODY ZONE)* with the diverter valve turned to *"activate"* the jets in that zone for massaging the buttocks and entire back area. Utilize the optional hand jet to work on your thigh areas.

### 3] THIRD PHASE TISSUE STIMULATION: DURATION 5 MIN

Move to massage *ZONE 3 (UPPER BODY ZONE)* with the diverter valve turned to "*activate*" the jets in that zone to enjoy a deep massage and activate the all-important tissular stimulation phase. You must make sure to open the jets fully and make sure that the air injectors (which allow air into the water jets) are also fully open.





# SPORT + / SPORTS RECOVERY

*Treatment Program*

DREAMSCENT AROMATHERAPY SUGGESTION:
Spearmint & Eucalyptus or Ginger

Athletic activity overloads the motor system, mechanically, and affects the muscles, the tendons, the joints, the trunk and, finally, the spine. To eliminate this mechanical overload, you need a period of rest. This is a physiological necessity. This rest is called recovery. Recovery is described as the length of time required after physical effort for the body to return to a certain physiological state which will allow it to expend an equivalent effort once again, or even a greater effort than initially. We suggest a recovery period of at least 20 minutes at the end of the activity. Metabolic residues (essentially toxins) must never stay in the muscle tissue, and must be eliminated as quickly as possible.

**RECOMMENDATION: IT'S ALL A MATTER OF ELIMINATING TOXINS!**
*A massage that combines air and water is beneficial to the venous and lymphatic return systems by eliminating toxins and restoring balance to the circulating fluids (blood and lymphatic fluid). This high-action massage also kneads the muscles and restores suppleness and elasticity.*

### 1] INITIAL RELAXATION PHASE: DURATION 5 MIN

Position yourself in massage *ZONE 1 (CORE ZONE)* with the diverter valve turned to "*activate*" the jets in that zone. The jets, on each side of the spine, relax your paravertebral muscles. These muscles are particularly powerful in athletes.

### 2] UPSTREAM DRAINAGE PHASE: DURATION 5 MIN

Pelvic status can impede the venous return process as the toxin-laden leg blood travels back to the heart. Therefore, it is important to release this zone so that the blood finds no obstacles on its way back, but also to create negative pressure in the pelvis, to "*pump*" the venous leg blood back to the heart and eliminate toxins. Position yourself in massage *ZONE 2 (OVERALL BODY ZONE)* fully open the lumbar jets of the therapy seat to dislodge the tensions that could impede the venous return process.

### 3] ACTIVE RETURN PHASE: DURATION 20 MIN

With your pelvic area having now been relaxed, you must now move on to the venous return process in the legs. Remain in a prone position in massage *ZONE 2 (OVERALL BODY ZONE)* so that your legs rest on the optional air/blower calf jets. The massage in air mode will start, which will let your legs lighten. This will activate your circulation, especially if you apply the massage from bottom to top, while, ideally, maintaining your feet above your pelvis. The water jets will further relax your lower body allowing for an overall massage.

**LIGHT** will come on and circulate through colors to allow the energy to reach a state of well-being. After the program has completed lock the light setting on Red to allow your vitial energies to reach a state that promotes well being and balance.

### 4] REFLEXOLOGY PHASE: DURATION 5 MIN

Now that venous return has been restored in the legs and pelvis, you then need to do the same for your feet so that all lower extremities are lightened. You will get a foot massage by positioning yourself in massage *ZONE 1 (CORE ZONE)* facing medium jets or foot-specific jets in massage *ZONE 4 (REFLEXOLOGY ZONE)*. These "foot jets" serve to deeply massage the small venous return - activating veins in your plantar arch.





The feet often bear the brunt of sports activity related and the "*foot jets*" will provide a deep massage of the small plantar arch veins that activate venous return.



# HEADACHE

*Treatment Program*

DREAMSCENT AROMATHERAPY SUGGESTION:
Ylang Ylang or Tangerine

Headaches are a frequent problem and can be very debilitating. Their causes are many, and, in some cases, unknown, but headache triggers are usually discernible: Anxiety, stress, worries and upset, fatigue, menstruation, fasting, alcohol, various foods (chocolate, fatty foods, etc.) and climate-related factors. There can be an individual trigger for each kind of headache.

RECOMMENDATION: Since headaches are often related to muscular contractions, we recommend a full muscular massage.

### 1] INITIAL RELAXATION PHASE: DURATION 5 MIN

Position yourself comfortably in massage *ZONE 1 (CORE ZONE)* with the diverter valve turned to *"activate"* the jets in that zone. The jets on each side of your spine will relax your paravertebral muscles, which are very powerful muscles that house a lot of tension. These muscles serve to stabilize the spine. Vertebral fatigue, is often a source of headaches, and doing this will vanish the pain quickly.



### 2] STRESS RELEASE PHASE: DURATION 5 MIN

Position yourself in massage *ZONE 3 (UPPER BODY ZONE)* with the diverter valve turned to "*activate*" the jets in that zone. Use the water massage function with fully open jets to relax tensions on a deeper level. Open the dorsal jets fully: the vertebral origin of the solar plexus (and of stress) is specifically in this area. Under the effect of the various jets, your solar plexus tensions will vanish and you will feel an impression of lightness.

### 3] NECK & SHOULDER MASSAGE PHASE: DURATION 5 MIN

Move to massage *ZONE 1 (CORE ZONE)* with the diverter valve turned to "*activate*" the jets in that zone and activate the neck and shoulder jets only to release the stress from the upper body area. Control the intensity of these jets to achieve the best results.

### 4] ABDOMINAL MASSAGE PHASE: DURATION 5 MIN

Move to massage *ZONE 2 (OVERALL BODY ZONE)*. Use the optional HydroFlex Air Therapy massage jets to create as much water turbulence as possible. A water only massage would be too powerful and too aggressive for your midsection. The bubbles will stimulate your stomach, back, liver and intestines (all sources of migraines) and your feeling of heaviness in the belly will disappear. The water jets will further relax your back allowing for an overall massage.





# INSOMNIA

*Treatment Program*

DREAMSCENT AROMATHERAPY SUGGESTION:
Chamomile or Bergamot & Lemongrass

**LIGHT** The color therapy will be on 100% of the time during this program. After the program has completed lock the light setting on Green to allow your vitial energies to reach a state that promotes well being and balance.

Insomnia is a symptom, not a disease. It is one of the most common disorders in our busy lives. Before we can even think of treating insomnia, it is essential to discover its causes. There are many, but most have to do with our lifestyle habits and our environment.

### HERE ARE A FEW TIPS FOR A SLEEP-ORIENTED LIFESTYLE:

- Watch your evening meals (no excess).
- Avoid consuming excitant ie; caffeine, chocolate
- But mostly, relax before going to sleep.

**RECOMMENDATION:**
In the hours before sleep, choose gentler massages.

### 1] INITIAL RELAXATION PHASE: DURATION 5 MIN

Position yourself comfortably in massage *ZONE 2 (OVERALL BODY ZONE)* with the diverter valve turned to "*activate*" the jets in that zone. The jets on each side of your spine will relax your paravertebral muscles, which are very powerful muscles that house a lot of tension. These muscles all serve to stabilize the spine. This massage must be performed on a vertical line of jets by moving left and right. Maintain jet pressure on each side of the spine.

### 2] TOTAL RELAXATION PHASE: DURATION 10 MIN

The air injectors must remain closed so that the water jets will remain gentle. During this phase, move about in your tub, gently floating from one zone to the next, to benefit from a massage on all parts of the body.
Therapeutic massage *ZONE 3 (UPPER BODY ZONE)* with the diverter valve turned to "*activate*" the jets in that zone this will provide you with a gentle and complete back massage.

### 3] CALMING PHASE: DURATION 5 MIN

The task is now to relax the tensions at the base of the skull. Position yourself under the upper back jets of massage *ZONE 1 (CORE ZONE)* with the diverter valve turned to "*activate*" the jets in that zone.
Make sure not to lean directly against them, and keeping the air injector closed and be sure to elieve all the tensions in the neck and trapezoid muscles before starting the final calming phase.





DREAMSCENT AROMATHERAPY SUGGESTION:
Bergamot & Lemongrass or Ylang Ylang

**LIGHT** The color therapy will be on 100% of the time during this program. After the program has completed lock the light setting on Red to allow your vitial energies to reach a state that promotes well being and balance.

# STRESS

*Treatment Program*

Stress, the bane of our society, is both psychological and organic in nature. Adrenergic stress is positive if it promotes action and is debilitating when the body is overwhelmed and can't react rapidly. All this can be avoided by being aware of our own vulnerability, by taking the time to relax to neutralize the destructive effects of stress as soon as symptoms appear. Now a days, various intense psychological and physical tensions (a noise, intoxication, food-related and respiratory deficiencies, chemical and emotional aggressions) allow stress to accumulate and multiply. Everyone should try each day, before bed, to relax in order to enjoy restful and recuperative sleep.

**RECOMMENDATION:**
Take advantage of this session to free your mind from worry and to turn to positive and pleasant thoughts.

### 1] INITIAL RELAXATION PHASE: DURATION 10 MIN

Position yourself comfortably in massage *ZONE 3 (UPPER BODY ZONE)* to activate the jets in that zone. Use the "water" massage jets with air injectors fully open on each side of the spine. This will release the dorsal zone, which is the nerve center of the solar plexus. The solar plexus, also called the "abdominal brain" is where stress remains (which is why stress inevitably impacts the digestive process).
Any vertebral tension can promote stress. During this massage, never hesitate to go back to the zones that seemed painful upon initial contact with the jets.

### 2] ABDOMINAL MASSAGE PHASE: DURATION 10 MIN

You can now move to massage *ZONE 2 (OVERALL BODY ZONE)* to activate the seat jets. Use the air on all jets to get as much water turbulence as possible to benefit from a full massage on your abdominal and back region. This will free up the tensions in a more gentle way. The water jets will help to further relax your back muscles.

### 3] UPPER BACK AND SHOULDER MASSAGE PHASE: DURATION 5 MIN

Stress is the main cause of tension in the trapezoid muscles and by extension, in the upper back muscles. Therefore, this area must benefit from a full massage.
To this end, position yourself in massage *ZONE 3 (UPPER BODY ZONE)* to activate the jets. To get a deeper massage of the neck and trapezoids shut off the jets on the lower part of the seat.





# TONIC+ / FULL BODY AWAKENING

DREAMSCENT AROMATHERAPY
SUGGESTION: Ginger or Ylang Ylang

**LIGHT** The color therapy will be on 100% of the time during this program. After the program has completed lock the light setting on Blue to allow your vitial energies to reach a state that promotes well being and balance.

*Treatment Program*

We yearn for soft and slow awakenings, and we hope to gain back our energy quickly after waking to face the day ahead. For a great awakening, nothing beats a few minutes in the hot tub as soon as you step out of bed!

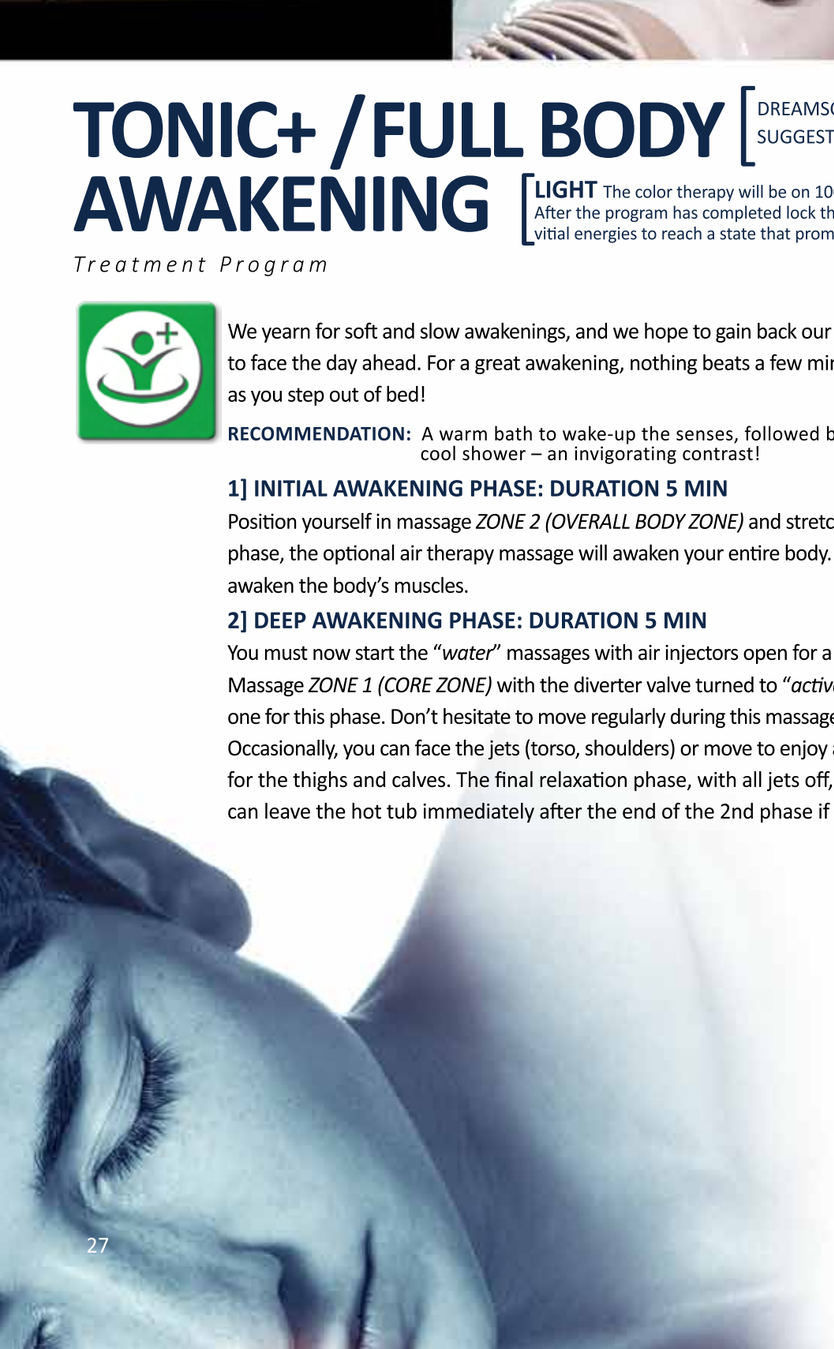
**RECOMMENDATION:** A warm bath to wake-up the senses, followed by a cool shower – an invigorating contrast!

### 1] INITIAL AWAKENING PHASE: DURATION 5 MIN

Position yourself in massage *ZONE 2 (OVERALL BODY ZONE)* and stretch your legs. During this phase, the optional air therapy massage will awaken your entire body. The water jets will further awaken the body's muscles.

### 2] DEEP AWAKENING PHASE: DURATION 5 MIN

You must now start the "*water*" massages with air injectors open for a powerful massage.
Massage *ZONE 1 (CORE ZONE)* with the diverter valve turned to "*activate*" the jets will be the best one for this phase. Don't hesitate to move regularly during this massage.
Occasionally, you can face the jets (torso, shoulders) or move to enjoy a brief, invigorating massage for the thighs and calves. The final relaxation phase, with all jets off, should not last forever you can leave the hot tub immediately after the end of the 2nd phase if you wish.







## OTHER SUGGESTED PROGRAMS TO BE MANUALLY ACTIVATED

# DIGESTIVE ISSUES

*Treatment Program*

These issues are comprised of several symptoms that can affect various parts of the digestive system: esophagus, stomach, intestines. Heartburn, constipation and colic can all be caused by several problems. Most of the time, these causes are functional in nature: bad eating habits, reaction to medication. But they can also be caused by stress and anxiety. Hydrotherapeutic massage is one of the ways to find improvement if it is used regularly. It acts upon the digestive system by promoting good circulation.

### 1] NERVOUS RELAXATION PHASE: DURATION 5 MIN

Massage *ZONE 1 (CORE ZONE)* with the diverter valve turned to "activate" the jets (or its left / right spinal massage equivalent) will eliminate much of the tensions that cause digestive upset. Along the spine are located the starting points of various nerves that feed into the entire digestive system. The beneficial tension release can help reach optimal innervation, which is the way to achieve optimal organic function.

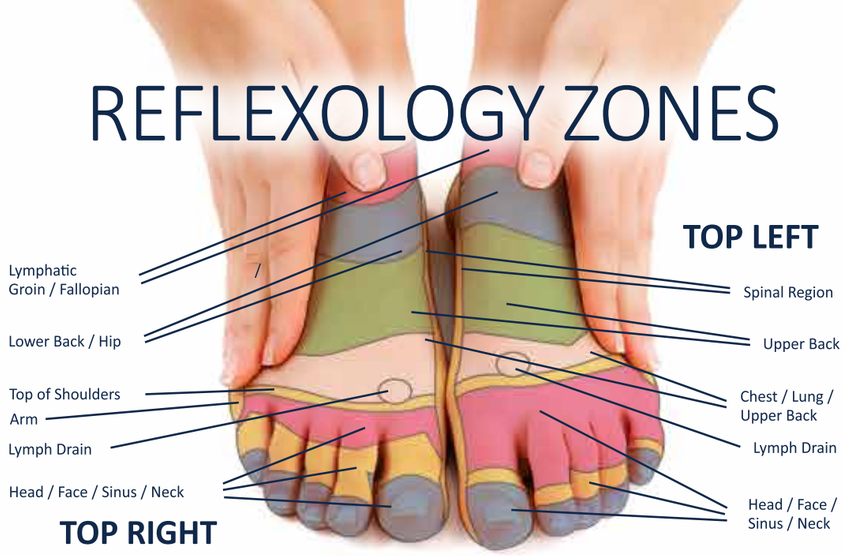
### 2] ABDOMINAL MASSAGE PHASE: DURATION 10 MIN

This sequence helps you attain abdominal "lightness". You must use the massage *ZONE 2 (OVERALL BODY ZONE)* jets that provide the most comfort. Utilize the optional hand jet to work on your adominal area. Blocked jets will lose their efficiency.
The water turbulence and hand jet massage created will fully and painlessly massage your abdomen and back. Indeed, the abdomen and back are very sensitive when you suffer from digestive issues. The lumbar zone is often related to intestinal dysfunction.
Therefore, it will be useful to utilize the "*air*" massage and hand jet on this zone, while alternating in order to create enough water turbulence to get an effective massage.

### 3] UPPER BACK AND SHOULDER MASSAGE PHASE: DURATION 5 MIN

The entire digestive system is enclosed in membranes that come together at the upper back and shoulder level. This illustrates the need to relieve neck tensions to treat digestive issues. To this end, position yourself on massage *ZONE 3 (UPPER BODY ZONE)* with the diverter valve turned to "*activate*" the jets to get a deep massage of the neck and trapezoids.

# REFLEXOLOGY ZONES




Reflexology zone massage is taught in the best universities and is used in most kinesitherapy clinics. It is not meant to replace traditional medical treatment, but can often be an effective approach to complementary therapy. The reflexology zones (as illustrated below) are very detailed and specific. They are commonly described in books dealing with reflexology. For best results, we recommend that you get some of these books. You will find that a full massage should last approximately one hour. We suggest a lighter massage that will release some of the tensions and get you accustomed to the method. Knowing the reflexology zones and using them can be a very effective complement to your hot tub massages.

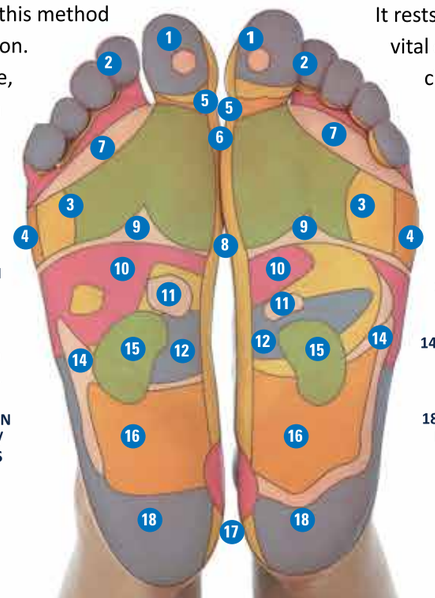
**RECOMMENDED MASSAGE:**
This session can be preceded by the initial relaxation phase described above. For paravertebral muscles, opt for massage in therapeutic seat #1.

You can then use foot jets in *ZONE 4 (REFLEXOLOGY ZONE)* or use the manual jet that can target specific zones. Be careful and massage gently: no need to seek a deep smassage as this method is based on light stimulation. Aim for a general massage, but you can also linger on more sensitive zones.

Foot reflexology massage has been used in many parts of the world since the beginning of time as a means to prevent disease. It rests on the fact that the body's vital energy flows through these channels and that it's possible to influence the workings of internal organs by using these energy links.

**BOTTOM RIGHT**

1) PITUITARY
2) HEAD / BRAIN
3) SHOULDER
4) ARM
5) THYROID / PARATHYROID
6) 7TH CLAVICAL
7) EYE / EAR
8) SPINAL REGION
9) DIAPHRAGM / SOLAR PLEXUS



10) LIVER
11) ADRENAL GLANDS
12) PANCREAS
13) WAISTLINE
14) TRANSVERSE COLON
15) KIDNEY
16) SMALL INTESTINE
17) TAIL BONE AREA
18) LOWER BACK / HIP / KNEE / ANKLE / FOOT

**BOTTOM LEFT**



# HYDROPOOL DREAMSCENTS AND ESSENTIAL OILS

Complete your massage and increase your relaxation with our scents. Please see the list of available scents below. If you are looking for a more complete spa experience, aromatherapy can be used through essential oils whose ancient properties are well-known. We offer the following oils which work best with the massages described above. Please note that Hydropool Dream Scents and oils have been specially designed to have no effect on your hot tub's water. Please avoid using incompatible oils and scents.

**1] BERGAMOT & LEMONGRASS: (INSOMNIA, STRESS, HEAVY LEGS)**
Anger, anxiety, confidence, depression, stress, fear, peace, happiness, insecurity and loneliness, fatigue and mental confusion.

**2] CHAMOMILE: (INSOMNIA, HEADACHES, FULL BODY AWAKENING)**
Anger, anxiety, depression, fear, irritability, loneliness, insomnia and stress.

**3] GINGER: (BACK PAIN, HEAVY LEGS, FULL BODY AWAKENING)**
Fatigue, exhaustion and burnout.

**4] SPEARMINT & EUCALYPTUS: (SPORTS RECOVERY, BACK PAIN, HEAVY LEGS, FULL BODY AWAKENING)**
Concentration, memory, depression, mental fatigue.

**5] TANGERINE & GRAPEFRUIT: (DIGESTIVE ISSUES, STRESS, HEAVY LEGS)**
Confidence, fear depression, happiness and peace, and stress.

**6] YLANG YLANG: (STRESS, FULL BODY AWAKENING, HEADACHES)**
Fatigue, exhaustion and burnout

You will find a Hydropool DreamScent Essential Oil perfectly suited to your needs at your Hydropool Retailer.



# COLOUR THERAPY

Colour therapy is a harmonization method which promotes natural recovery from illness through colours. Colours have a large physical and emotional impact of which we are not usually aware. They allow our vital energies to reach a state that promotes well-being and balance.

### AN EXAMPLE: THE “WINTER BLUES”:

In the winter, the light intensity decreases considerably and the days are shorter. These differences alter our biochronology. When it is dark, our biological clock falls off-kilter, hormonal production is disturbed, and this leads to a loss of energy, a lack of morale and an increased desire for sleep. At the beginning of the 80’s, scientists found that exposure to intense light helps regulate hormonal secretions by limiting melatonin secretions which act as a natural sleeping aid. A form of treatment for these types of conditions was developed. It was simply a matter of exposing the person to a source of intense light. Similarly, a link was established between various colours and our emotional and physical balance. To help you understand how this works, we would like to introduce you to the Eastern concept of colour therapy as it relates to the chakras.

The word “*chakra*” comes from the Sanskrit word meaning “the wheel”.

This is composed of several colours and its centre sits in the middle of the spine. Chakras start at the base of the spine and go all the way up to the top of the skull. When the chakras are unbalanced, or if the energy flow is impeded, our vital forces and our mind can be affected: stress, fatigue, and depression appear.

Each chakra has its own vibration, its own colour, and each chakra can be harmonized, balanced and stimulated by its corresponding colour. Each weakened part of the body has a colour that can help revitalize it. That is why your hot tub is equipped with LED lights that you can use jointly with the type of massage you choose. Furthermore, the Northern Lights or Deluxe LEDs will bring you additional comfort and allow you to alternate between various colours, to benefit from a full range of stimulations.




**RED ZONE 1:**
Stimulates the pelvis, influences the liver, blood circulation and helps with bronchitis and rheumatism.

**ORANGE ZONE 2:**
Stimulates the lumbar area, fights fatigue, stimulates the respiratory system and is a natural sexual tonic.

**YELLOW ZONE 3:**
Stimulates the kidneys, energizes the digestive system, acts as a laxative and tones the muscles.

**GREEN ZONE 4:**
Stimulates the back, promotes rest, relieves insomnia, nervousness, ulcers, and alters mood.

**BLUE ZONE 5:**
Stimulates the upper back and shoulder area and helps with weakness, asthma, digestive issues.

**INDIGO ZONE 6:**
Stimulates the cranium, has anesthetic properties, helps with headaches, cramps.

# WELLNESS NOTES:







The **HYDROPOOL**

# Serenity Hot Tubs Personal Wellness Guide

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