

Many Pathways to Awesomeness

A Brief Guide to Your Hydro Adventures



Sauna: 10-15 minutes

Cold Shower: 1-2 minutes

Repeat

End with a Hot Bath



Hot Bath: 5-10 minutes

Bench Rest to bring down
body temperature while
partially draining tub:
2-5 minutes

Sauna: 10-15 minutes

Tepid Bath with Cold Shower
Wand: 2-5 minutes



Sauna: 10-15 minutes

Cold Plunge: 1-2 minutes

Repeat with periodic Bench
Rest

Sharing with a Friend

Start with one person in the hot bath while the other enjoys the sauna and a cold shower. Switch at the half way mark.

OR

Rotate through the Hot Bath, Sauna and Cold shower, and Bench Rest.

OR

Draw a cold bath, Sauna together and take turns cooling off in the bath and the shower.

OR

Cozy up together! The bath fits a cozy 2.

Get to Know Your “Tools”

Sauna- temperature can be adjusted, check the timer periodically

Bucket and Ladle- add bursts of steam to your sauna experience

Bench- Rest, Stretch, Bring your body temperature down slowly

Bath- hot baths or cold plunges

Bath Shower Wand- great for smaller doses of cold water

Shower- hot or cold showers

Epsom salts- add to hot baths for added muscle relaxation

Face cloth- soak in cold water for your face or forehead and/or use it to fan the sauna steam down

Vinyl pillow- rest your head!

Baskets- tuck your personal items under the bench, use these to carry your clothes into a massage treatment

Speaker- use Wifi code “thevillage2018” to play your own music or ask us to put something on for you