

# Underwater shower massage

**An underwater massage with a strong jet is suitable for muscle problems, limited joint mobility and lymphostasis. An underwater massage is performed with a hose which is directed under water and ejects a water jet with a pressure of 1–3 atmospheres.**

Underwater massage improves circulation, increases the amount of oxygen entering the blood and accelerates metabolism. This in turn helps to remove waste matter from the organism. Underwater massage is pleasant and has a gentle effect. Indications include obesity, muscle weakness, radiculitis, post-traumatic conditions, paralysis, joint disorders and oedema. It is also suitable for treating rheumatism, sleep and metabolism disorders, kidney problems, migraine and stress.

Duration: 20 minutes

We ask you to bring your own swimwear, hygienic products, hand towel and shoes with anti-slip soles.

The service is paid.