

Jet shower

A jet shower is a massage based on pressurised water which affects the skin and musculature due to the water temperature and also mechanically.

A jet shower helps people with weight issues and has a relaxing effect on the whole body. An intensive shower has a tautening effect on slackened shapes and helps to reduce cellulitis and obesity. Water procedures have an effect on the function of all organs through the central nervous system by improving circulation and metabolism.

The length of the session is chosen according to the severity of the health problem and the person's body surface area. The same parameters are used to choose the water pressure.

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

The service is paid.