

water – heat – air

Your RivieraSpa is equipped with a well-thought-out hydrotherapeutic concept which treats your body, health and wellness as a whole. The tailored programme leads you through eight fine-tuned and well-balanced whirling phases, alternating between high and low intensity levels. We developed this 20-minute hydrotherapy concept according to medical and physiotherapeutic aspects and in close

collaboration with the physician Dr W. G. Frenkel (MD). The combination of strong and soft massages together with periods of rest allow your body to be stimulated maximising the benefits of hydrotherapy. The following table depicts how the individual whirling phases helps relieve some of today's health issues.

	phase 1	phase 2	phase 3	phase 4	phase 5	phase 6	phase 7	phase 8
Osteoarthritis/rheumatism/joint pain			ideal	suitable		ideal		
Breathing problems		ideal		suitable		suitable		
Spinal disc problems			suitable	ideal		ideal		
Cellulitis/fat deposits					ideal			
Depression		suitable			ideal		ideal	
Circulatory disorder		suitable		suitable	suitable			
Exhaustion				ideal	ideal			
Foot pain				suitable	suitable			
Dermatosis					ideal			
Sciatic nerve pain			ideal		suitable			
Headaches		ideal			suitable			
Circulatory weakness	suitable	suitable		suitable	ideal			suitable
Myogelosis			ideal	ideal		ideal		
Sore muscles				ideal	ideal			
Neck pain		suitable				ideal		
Psoriasis				suitable	ideal			
Dorsal pain			ideal	ideal		ideal		
Sleep disorder		suitable			ideal		suitable	
Acute and chronic pains		suitable		suitable	ideal	suitable		
Shoulder-hand-syndrom				suitable			ideal	
Sports massage				ideal	suitable	suitable		
Stress		suitable			ideal		ideal	
Digestive problems			ideal	suitable				
Costiveness			ideal	suitable				
Spine problems			suitable	ideal		ideal		

 = suitable  = ideal