



Guide to Your Wellness

ACKNOWLEDGMENTS

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WARNING

The goal of this guide is to help you appreciate the full therapeutic potential offered by BainUltra® concepts and products. It is not a substitute for the care and advice of recognized health professionals. If your current state of health is already poor, please consult your health specialist. Anyone subject to allergies should make sure that the products suggested in this guide will be only beneficial to their health.

Most of the benefits listed in this guide are the results of frequent and regular use of your personal wellness space. Product quantities and therapy duration are estimates only—adjust them according to your needs.

The recipes and products suggested in this document are intended for use only with the BainUltra concept. Using them with equipment other than that of BainUltra may cause serious damage.

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The quest for your wellness

Welcome to the BainUltra universe. This is where your new wellness lifestyle begins. In this space dedicated to your wellness, you will reestablish your inner balance—the one you so have longed for—through authentic spa care, in the comfort of home.

Your daily care ritual will soon become an essential part of your day, as you reach the desired state of wellness. BainUltra invites you to live this experience every day, to your greatest personal benefit.

We will guide you as you explore the countless therapies available to you. This guide will soon become your wellness companion as you fully enjoy the therapeutic benefits that fulfill your needs for true wellness. Discover the innumerable recipes to your healthy new state of being, in a space that is yours and yours only, to live the everyday experience of wellness.

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Discover the
universe within





The steps to your wellness

A NEW WAY OF LIFE BASED ON HEALTH AND WELL-BEING

In your new wellness lifestyle, you live an unprecedented care experience in this new era in home design, a wellness space like no other. The bathroom as a utilitarian space is no more; it is reborn as your personal space for wellness. By returning your home to its original essence as a cocoon, you are making your greatest and most precious personal resources, **your health and your well-being, a priority.**

EVOLUTIONARY CONCEPTS AND THERAPIES TO DISCOVER MY FULL WELLNESS POTENTIAL

To live a deep body-mind connection and reach a life balance. An awakening of your senses and the satisfaction of essential needs. You are respecting your personal needs and are feeling rejuvenated and transformed, ready to live your full wellness potential.

TO CARE FOR YOUR BODY

You take care of your body, you give it the attention and respect it deserves. Your senses are fully awakened in this space providing a true connection to your physical self. You feel the enveloping and comforting heat, music soothes you, you sense a pleasant aroma while the light and heat surround you. A privileged moment to care for your body, to reach a veritable state of wellness.

TO LIVE A DEEPLY NOURISHING EXPERIENCE EVERY DAY

You feel calm and centered. You are in full bloom, awakened, free, replenished. Appeased and renewed, a feeling of serenity is within you to live each moment, to its fullest extent.

TO LIVE A LIFE IN COMPLETE HARMONY

By caring for yourself, and allowing yourself some time to reconnect with your own essence, **you choose to live in wellness.** Your relationship to your loved ones is enriched. You live and breathe wellness and are happy and grateful for your life.



The BainUltra[®] ThermoMasseur[®]

The original air jet bath

BainUltra was the first manufacturer to develop air jet technology. As such, our products have gained worldwide recognition as industry benchmarks. For more than 30 years, this vast experience has allowed us to guarantee the best massage a bath can give. As creator of The original air jet bath[®] and industry benchmark, BainUltra offers you only the best, without compromise: real therapeutic benefits and extraordinary practical advantages.

Only air flows through the BainUltra ThermoMasseur system. Air Only Air[®], that's the guarantee of The best massage a bath can give[®].



Hydro-thermo massage®

Peace of mind, simple
and incredibly beneficial.

EXCEPTIONAL MASSAGE

In the BainUltra ThermoMasseur, you are completely surrounded by air jets. The angle and size of each jet have been designed to create an effective full-body massage. Between 34 and 79 jets push air into the water. The pressure is dispersed equally throughout the bath, providing an exceptionally enveloping massage.

PERSONALIZED THERAPY

BainUltra gives you infinite ways to personalize your massage experience by combining the effects of **Hydro-thermo massage®**, **chromatherapy**, **aromatherapy**, and **Sound Therapy®**. You can also add any product you want to the water, control the length and intensity of the massage, and adjust the temperature of the back and head rest. Add desired product: sea salts, algae, energizing mud, essential oils.

PERFECTLY HYGIENIC

Unlike water jet baths, the air injection system ensures **full drainage and completely dry air channels**. The slope of the air channel ensures optimal drainage as every last drop of water is drained by gravity into the velocity pockets that are completely dried during the drying cycle (automatic or programmable). Result: no standing or remaining water from the previous bath, perfect hygiene, total peace of mind.

ABSOLUTE SAFETY

No suction, no minimum water level. The BainUltra ThermoMasseur is the safest system available. Adults and children alike can use it without worry. The system can function without water for hours. There is never any risk to the turbine. Total peace of mind. Safe for the whole family. Low-voltage electronic control.

NO SYSTEM MAINTENANCE

No valves. No pipes. No circulating water. The only mechanical component under the bath is the turbine, which can be located up to 15 feet away. The BainUltra ThermoMasseur is as easy to install and maintain as a conventional bath. No leaky pipes or valves.

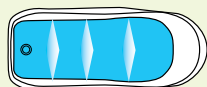
Therapies. Benefits.

With BainUltra's ThermoMasseur, you may combine up to four therapies:

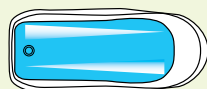
- **Hydro-thermo massage**
- **Aromatherapy**
- **Chromatherapy**
- **Thermotherapy**

Did you know?

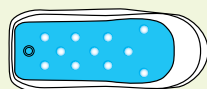
Traditional whirlpools have large jets that reach the bather only at specific points.



Two-jet whirlpools create a swirling current that tends to push the bather from one jet to the other.



Check valve air systems create straight columns of air. When seated on the jets, the bather blocks the massage action.





Vedana offers you authentic care and therapies, gathered for the first time in a wellness space.



VEDANA®

Oasis for personal care®

Through its care unit platform, BainUltra® has reinvented the shower space to make it a veritable haven of peace and a personal retreat. A space that resembles you where you experience those ardently desired moments of total tranquility. In a space you create to suit your own needs and likes, live the Vedana experience.

A space of your own, where only you decide the care you want to receive. An infinite combination of therapies you can mix and vary according to your needs. Authentic care for real benefits. Care you can enjoy whenever you wish and however you wish.

Whether you wish to **regain your energy** levels or just to **relax**, Vedana will meet your needs. Privileged moments to care for and nourish your body at any time of day, to live an incredible experience of physical transformation whenever you desire.

The tranquility you crave will be yours with Vedana. An experience of renewal in a space you create to commune with yourself and recapture a feeling of plenitude. A daily moment with yourself, your time to think only of yourself and be truly fulfilled.

Precious moments of contemplation as you feel a change coming about. A time of replenishment to feel a body-mind connection, a profound meeting with yourself. Feeling better about yourself enhances your relationships with others. A feeling of harmony and inner peace now inhabits you.

Your care experience

Your Vedana experience begins with your frame of mind, your decision to take this time for yourself.

BEFORE...

Choose a time where you can experience this meeting with yourself without any interruptions. Find a comfortable position to be able to fully enjoy the moment and experience optimal care. Take this time for yourself, to live the total experience. Live in the moment... As you are comfortably seated, you are ready to live this moment, you feel your body and mind letting go to live an exceptional care experience.

DURING...

Your entire being is experiencing a deep change, you are now completely bathed in this experience. You feel enveloped by the heat, pleasant music soothes you. A pleasing aroma fills you as you feel surrounded in light and color brings you to a state of deep comfort. You are fully in this moment of highly beneficial care. Your whole body takes in the experience and a feeling of plenitude now envelops you. You take the time to live and truly enjoy a most fulfilling wellness experience. You are in the moment...

AFTER...

Slowly, a gentle transition begins and very gradually leads you to another phase of the experience. You take the time needed to slowly return to another reality, to regain contact with another state of being. You are now ready to leave your resting position and your shower space. Gently, you calmly get up.

It is important to move slowly, to allow time for your body and mind to return to this reality smoothly. You listen to your body. If a moment of calm, a short nap are what you need, take this time for yourself.

This time is an essential part of your wellness experience, it is the crowning moment of the wellness experience you have chosen to live.

Five therapies combined in one unique system for real daily benefits

THERMOTHERAPY®

The system can reach and maintain 80°C/176°F. The temperature recommended for authentic dry heat thermotherapy.

LIGHT THERAPY®

Vedana features precision Litebook® technology, the cutting edge in terms of light intensity, wavelength, and range.

CHROMATHERAPY

The system diffuses colors with precise wavelengths to maximize the therapeutic benefits designed for your needs of the moment.

AROMATHERAPY

The aromatherapy system operates on the principle of an essential oil nebulizing diffuser, the most authentic and effective method available.

SOUND THERAPY®

The Vedana sound system totally envelops you, covering all audible frequencies to provide you with an exceptional care experience.

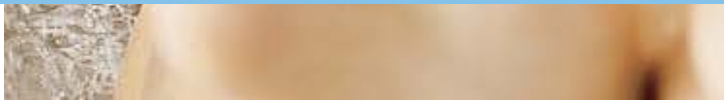


Preprogrammed sessions

To live the total experience, two 30-minute preset sessions are offered. **Vivere** brings you to a place of replenishment where you live a deep encounter with yourself, while **Echo** leads you to let go and live a moment of contemplation. Discover your Vedana in a creative way to live a transformation and enjoy the daily wellness experience.



In the ThermoMasseur®, water, air, and heat surround you completely. These three elements deliver an efficient massage leading you to a state of deep relaxation. Your whole being is replenished. Hydro-thermo massage® brings you back to life... simply.





Hydro-thermo massage



What is Hydro-thermo massage®?

Hydro-thermo massage is a combination of therapeutic techniques that uses air, water, and heat. A variety of natural products can also be added for specific results: essential oils, algae, mud, bath salts, and more.

Numerous air jets placed throughout the bath produce an acupressure effect that energetically massages your entire body. It completely surrounds you, from the back of your neck to the tips of your toes. This acupressure effect generates a **progression of healthful benefits** that can be felt in every layer of your skin and throughout your whole being. Of all the low-impact therapies, Hydro-thermo massage is the one that comes closest to traditional massage, both in application and in its therapeutic benefits.

The air jets create **constant, equal pressure** throughout the bath and on every part of your body. While it might never replace the expert hands of a qualified massage therapist, Hydro-thermo massage has the advantage of working simultaneously on your whole body.

Hydro-thermo massage is a simple and effective method to relax and revitalize yourself in the comfort of your own home. Because of its benefits, Hydro-thermo massage is the perfect blend of well-being and pleasure.

PURE RELAXATION. PURE ENERGY.

As one of the most complete and effective low-impact therapies, Hydro-thermo massage plunges you into deep relaxation and revitalizes your entire being through a myriad of extraordinary benefits.

A woman with her hair in a bun is relaxing in a hot tub, surrounded by bubbles. On the edge of the tub, there is a white vase with several calla lilies and a small white egg-shaped object.

Its practical benefits are:

- relaxes body and mind
- reduces stress levels
- relaxes tight muscles
- makes joints more flexible
- soothes backaches
- relieves pain related to arthritis and rheumatism
- conditions and cleanses the skin
- stimulates circulation
- helps replenish vital energy

Home sweet home

"I cannot tell you what a difference the change for a BainUltra bath has made with our family. I can only relay that I am sorry for the years we missed without it. Thanks for making my entire house a much more peaceful place to live."

Beth Scheafer
Indiana, USA

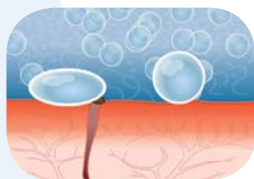


A complete massage in 3 steps

During a session of Hydro-thermo massage®, your body will enjoy the natural progression of the three complementary phases of massage. Depending on your metabolism and your lifestyle habits, you will benefit from all the effects of Hydro-thermo massage in about 30 minutes.

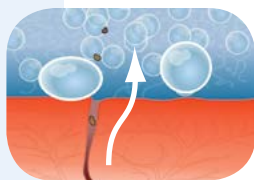
Stress relief

1 During the first phase, the massage helps eliminate stress by relaxing muscles and nerves, body and soul. The heat of the air and the water penetrates your skin and opens your pores. Cleansing of the pores and skin begins.



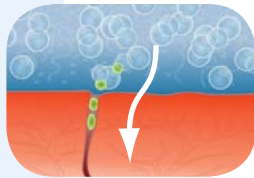
Muscle and joint relaxation

2 Your body is now ready for the second phase. Heat begins to penetrate even deeper, past the epidermis and into the dermis. The intense massage promotes the elimination of toxins that build up in your body over the course of the day. Your well-relaxed joints and muscles become more limber and easier to move without pain.



Therapeutic massage

3 You now enter the final phase, the toning therapeutic massage. Your completely relaxed body and cleansed skin are now ready to absorb through osmosis the nutrients provided by the essential oils and other products that you've added to the water.



Explore. Create. Personalize your therapy.

Hydro-thermo massage® allows you to maximize your results by using aromatic plants or other therapeutic products. Take full advantage of the recognized benefits of **essential oils, aromatic herbs, algae, revitalizing mud, mineral salts**, and many other organic compounds.

By adding these products to the bath, you step into a universe of infinite possibilities that you can mix and match according to your needs and your frame of mind. Whether for relaxation or revitalization, you are limited only by your imagination. See the suggestions and precautions in this guide for best results and safe use of added products, particularly essential oils.

Too many bubbles? Don't panic!

OK, maybe you should have put in a little less, but now it's too late. To stop the joyful panic of an uncontrollable foaming bubble bath, simply rub a bar of soap under water. You'll see, the foam will disappear as if by magic.



Essential oils

THERAPEUTIC BENEFITS

As the basis for aromatherapy, essential oils help **soothe muscles and joints, eliminate toxins**, aid digestion, etc. They also have anti-inflammatory properties and help regenerate skin cells.

Aromatherapy can also be appreciated for the simple pleasure of the senses. Certain essences inspire you? If they are compatible with the absorption method you wish to use, go ahead—life's little pleasures can often be therapeutic.

FOR MAXIMUM BENEFITS

Only 8 to 15 drops of essential oil are enough for a regular bath. To ensure even dispersion in the water, mix the essence with a teaspoon of one of the following emulsifiers: powdered milk, shampoo, honey, vegetable oil, or liquid soap.

DON'T FORGET

- **Essential oils are very concentrated. Avoid all contact with the eyes. In case of contact, immediately rinse with vegetable or mineral oil.**
- **Avoid adding essential oils to the bath directly; always mix it with an emulsifier first. Undiluted drops of essential oil tend to stick to the acrylic surface of the tub, where they can actually affect the finish.**

One plant, one benefit.

To conquer stress, fatigue, insomnia, etc., essential oils and aromatic herbs are your best allies. Discover the specific potential of each on page 41.



Essential Oils

MAXIMIZE THE BENEFITS OF YOUR BATH

Our exclusive line of essential care products helps make your bath a total wellness experience. BainUltra® offers a specially formulated line of essential oils to optimize the therapeutic benefits of your ThermoMasseur®. They may be added to the bath water without any risk to the bath's system. Used in conventional soakers, our essential care products soothe and relax your senses. But when used in a BainUltra ThermoMasseur, their effect increases dramatically, bringing body and soul into harmony for a profound and enduring sense of wellness.

BainUltra Essential Care products have been formulated with certified essential oils and plants in order to offer you the best quality products available. Simply add the contents of the convenient single-dose packet to the bath water.

VEDANA EXPERIENCES

Vedana®, an Oasis for personal care®, offers specially formulated essential oils to enhance your wellness experience.

NORDICITY & FRUITFUL EVOLUTION

Discover **Nordic Spirit** and **Fruitful Evolution** essential oils. These oils, specially prepared for BainUltra, are certified as superior quality and are integral to the Vedana preprogrammed sessions. Pour enough oil into the nebulizing diffuser and prepare to be transported to a new state of mind. Your first encounter with Vedana wellness awaits!



FOUR GUIDED EXPERIENCES

Four sensory experiences to foster your well-being in a restorative daily ritual. Sounds carry you away on a wave of melody. You savor the tiny, fragrant droplets of essential oils, while warmth, light, and color further enhance the transformative experience. You can choose to enjoy each experience individually. Or you can go deeper, treating yourself to the full sequence of four experiences.



Bath teas

THERAPEUTIC BENEFITS

As with herbal tea, bath teas are simply mixtures of aromatic herbs. Once infused and added to the bath, they release beneficial essences for your skin to absorb. Bath teas can be energizing or relaxing depending on the type of herbs used. Find out how to make and personalize your own bath teas on page 41.

FOR MAXIMUM BENEFITS

- Let the bath tea bag steep in 4 cups of boiling water for about 15 minutes. Pour the infusion into the bath when ready.
- To maximize absorption by a particular part of the body, massage the skin directly with the tea bag.
- For greater impact, add a few drops of essential oils to the herbs before using them.
- If you want to make your own bath teas, natural food stores have an excellent selection of high quality herbs that you can combine according to your needs and personal taste.

DON'T FORGET

- Freshness is important. Keep your herbs and your tea bags in a sealed opaque container.
- Don't use your tea bags more than twice. As with herbal tea, concentration decreases after the first infusion.



Algae

THERAPEUTIC BENEFITS

With more than 90 elements essential to the human body, seaweed is recognized as one of the most complete and balanced sources of nutrients found in nature. Algae help **reduce stress, firm up the skin, and generally revitalize you.** Their value for cleansing and purifying has been known for ages.

FOR MAXIMUM BENEFITS

- **Put about 2 ounces of dried algae in a little bit of hot water. Let dissolve and add mixture to the bath.**
- **When getting out of the bath, avoid toweling off too vigorously. Put on a comfortable bathrobe. Plan to relax for roughly twice as long as you were in the bath. The active elements of the algae will continue to penetrate your skin by osmosis.**

DON'T FORGET

- **Algae contain a high amount of iodine. Their use is not advised for people with thyroid gland disorders.**
- **Adding seaweed harvested from the seashore to your bath will have no effect. To achieve their full therapeutic potential, algae have to be micropopped (powder, liquid, paste).**
- **Certain algae give off an unpleasant odor. Mask it by adding essential oil.**

Marine salts

THERAPEUTIC BENEFITS

The compounds contained in sea salts help fight **fatigue**, relax **tense muscles**, and soothe the effects of **rheumatism**. They are also effective for treating certain skin ailments such as psoriasis. For instance, the Dead Sea, with its high salt concentration, is famous for its curative powers, as the many resort spas on its shore attest.

FOR MAXIMUM BENEFITS

The quantity of salt added to the water is in direct proportion to the desired therapeutic effect. Plan for 5 to 7 ounces for a normal one-person bath.

DON'T FORGET

As with algae, marine salts contain a high amount of iodine. Their use is not advised for persons with thyroid gland disorders.

Milk bath

Many of the great ladies of history indulged in milk baths. The proteins contained in milk are recognized for their skin conditioning properties, while lactic acid helps eliminate dead skin cells. If you would like to act like Cleopatra, all it takes is 2 cups of milk added to your bath.

Oatmeal bath

Dry skin or itchiness? Nature comes to the rescue. Grind a cup of uncooked oatmeal and add it to your bath.





Revitalizing mud

THERAPEUTIC BENEFITS

Peat mud contains a high concentration of humic acid, the result of decomposing vegetation. Rich in organic compounds, it acts as a natural antibiotic and anti-inflammatory, and can be used to detoxify and replenish minerals.

FOR MAXIMUM BENEFITS

- For a one-person bath, add from 2 to 3 ounces of mud. For maximum therapeutic impact, plan for 20 to 30 minutes of soaking.
- The use of peat mud is a perfect match for Hydro-thermo massage®.
- You can also apply mud directly to the skin.
- Avoid toweling off immediately after your bath. Put on a comfortable bathrobe and relax for about twice as long as you spent in the bath. This permits the minerals in the mud to continue to penetrate your skin.
- You may prefer using clay instead of mud. Clay provides basically the same benefits and is used exactly the same way as revitalizing mud.

DON'T FORGET

Peat mud is a high quality product that contains specific minerals. Using regular mud (a mixture of water and dirt) provides no therapeutic benefit.

The bath through history

The height of cleanliness for Egyptians, a social ritual for the Romans, rejuvenation of body and mind for the Turks. Various civilizations have valued the habit of bathing, developing different approaches over the centuries.

In the Middle Ages, Christianity prohibited or limited bathing because it was considered to be dangerously sensual. It was only towards the end of the 19th century that bathing began to take on importance again, especially due to a growing concern over hygiene. Throughout history, bathing has been appreciated for its therapeutic benefits.

Snow story

"We are so delighted with our BainUltra® bath. It really has enriched our lives in many ways. I recently went on my first snowmobile ride for the season. We were out riding for four hours. My lower back and shoulders were very tender and I ached from the jolting of the sled. I could not believe that when I was done with my 20 minute therapeutic massage all the tenderness and aches were gone."

Kerryann McQuade
Vermont, USA



Champagne and your ThermoMasseur®

Alcohol naturally dilates your blood vessels and raises your body temperature slightly. Hydro-thermo massage produces exactly the same effects. To limit side effects, avoid this double exposure... and keep your champagne on ice.

A daily ritual

No matter what hour you choose for your Hydro-thermo massage®, it's a moment in time that belongs to you alone. Take the time to get centered, to free your spirit and to get energized.

Massage frequency

It's all up to you. There are no rules as to the when and how. Hydro-thermo massage is always beneficial, no matter how often you use it. Simply respond to your needs and desires. Let your body be your guide.

Before your bath

Choose your moment with care. Take your family's schedule into account and choose a moment when you know you will not be disturbed. Let everyone know that your bathtime is sacred. If necessary, make a "Do not disturb" sign that you can hang on the bathroom door.

A MATTER OF AMBIANCE

Create an environment in harmony with your state of mind. Carefully prepare every detail. If you want to relax, use candles for softer light. If you want to energize, let in the daylight. Put on the answering machine, unplug the telephone, and pick out some good music that matches your mood.

ADD PRODUCTS TO YOUR BATH

Increase effectiveness by adding essential oils, salts, or other therapeutic products to the faucet stream while the bath is filling up, which helps to distribute them evenly.

DRINK

Adequate hydration and Hydro-thermo massage go hand-in-hand. Drink at least one large glass of water before starting your session.

SPECIAL TOWEL

Make the moment special by setting aside an extra-large and extra-fluffy towel just for you. Spoil yourself. Heat up your favorite towel, roll it up, and place it next to the bath.

RAISE THE BATHROOM TEMPERATURE

This will reduce the uncomfortable temperature difference between the water and the bathtub.

IDEAL TEMPERATURE

The ideal temperature of the bath is 95-98°F. At this temperature, the heat accelerates your heartbeat and plunges you into beneficial relaxation. Your muscles relax completely. Your metabolism activates. You feel good. Hotter than that and you will feel suffocated, colder and you'll feel a chill.

During the bath

MASSAGE LENGTH

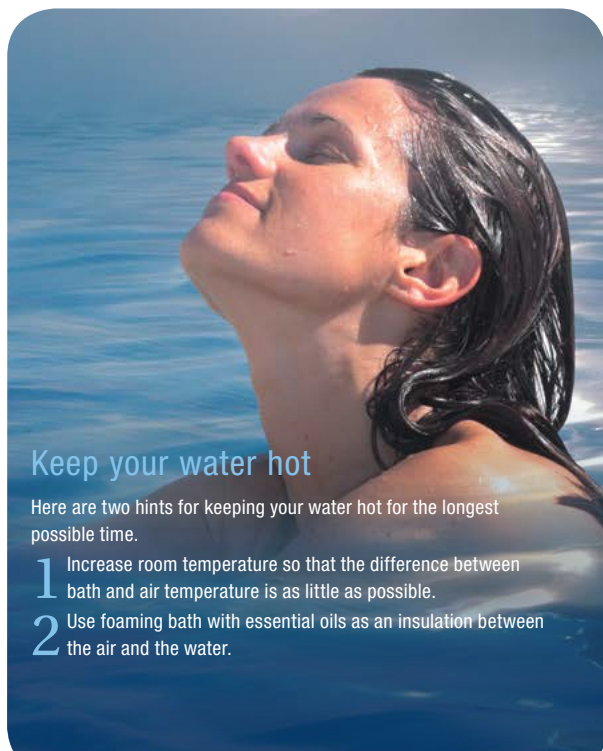
The best gauge is your body and your mood! Feel free to make up your own mind. While a session should last from 20 to 30 minutes for maximum benefit, don't hesitate to reduce or increase this time according to your needs.

MASSAGE INTENSITY

The ideal intensity is whatever meets your needs at the moment. More intense massages are more stimulating. If you want to relax after a hard day, choose a lower intensity. If you want to be energized before an important activity, raise the intensity. Your ThermoMasseur® is your partner.

BREATHE DEEPLY

Deep breathing helps get rid of stress and relaxes you. Breathe in through the nose while counting to 4, then breathe out by the mouth while again counting to 4. Do this for a couple of minutes. It's simple but very effective.



Keep your water hot

Here are two hints for keeping your water hot for the longest possible time.

- 1 Increase room temperature so that the difference between bath and air temperature is as little as possible.
- 2 Use foaming bath with essential oils as an insulation between the air and the water.

LET YOURSELF GO

This special moment is all yours. Close your eyes. Listen to your body. Feel your muscles relax. Concentrate on the massage as it surrounds you completely.

LAY YOUR HEAD DOWN

Here's a little hint: roll up a towel and put it behind your head. This support will permit complete relaxation of your back muscles and will maximize the effects of massage on that part of the body.

Make your bath last!

Your water is hard or contains too much lime? This has no impact on the quality of your massage, but it may cause lime deposits. To avoid any eventual problems, soften your water by adding a **half cup of baking soda** to your bath.

Warm air-jets baths

Geysair® is a hot air jet system that surrounds the bather in a cocoon of warmth. Like the hot steam that geysers shoot into the air, the air flow produced using Geysair technology remains warm until it comes into contact with the skin.

The sensation of coolness as dry air bubbles meet skin dissipates, and the water temperature remains constant so the bather experiences a blissfully relaxing experience.

The operating principle behind Geysair is simple: it heats and humidifies the jets of air so they retain their warmth. ThermoMasseur baths are equipped with Geysair technology and offer all the technical and therapeutic advantages that BainUltra® is known for.

After the bath

BUNDLE UP!

After your bath, wrap yourself in a large, warm towel and avoid vigorous drying off. Sponge yourself softly and stay bundled up until the water has been absorbed by the towel.

TAKE YOUR TIME

Your body and your spirit still need a few minutes to relax before getting back to reality. Don't be too harsh on yourself. Read, stretch, sleep if you feel like it. Listen to your body. To benefit fully from Hydro-thermo massage®, relaxation after the bath should be an integral part of your ritual. When you feel ready, go back to your normal activities.

DRINK SOME MORE

During your session of Hydro-thermo massage, your metabolism was activated and your body recalibrated itself while your mind was elsewhere. You still need to hydrate yourself—have another big glass of water.

Maintenance

A SOFT CLOTH

Your ThermoMasseur® requires no special products for maintenance. Simply use an all-purpose non-abrasive cleanser and a damp cloth. You can also use mild dish soap. To finish, rinse and wipe with a dry cloth.

TO BE AVOIDED

The following products should never be used, as they could permanently damage the acrylic: abrasive cleansers, degreasers, oil, ink or paint remover containing volatile alcohol, acetone, nail polish remover, solvents, paint thinner, gasoline, aromatic thinners, pine oil, etc.

MORNING OR NIGHT?

You choose according to your needs and mood. In the morning, Hydro-thermo massage is perfect for energizing. In the evening, it can help you to relax or revitalize. Whenever you choose, adjust your session as you wish and increase its effectiveness by adding the products you want to match your needs and your state of mind.

The principle is so simple: the stronger the air jet, the more your circulation is stimulated and the more you will be energized. Conversely, less intensity means less stimulation for a more relaxing effect.





Just a few drops of essential oil are enough to relax and revitalize. Their fragrances soothe and energize while their benefits affect your whole body. It's a moment of pure delight that simply and naturally reestablishes harmony between body and soul.



Aromatherapy

What is aromatherapy?

Aromatherapy is the use of pure essences of **aromatic plants, flowers, or resins** to stimulate the sense of smell and enable their absorption directly through the skin, allowing the whole body to benefit therapeutically. Distilled essences are used in concentrated form, particularly in essential oils.

Once absorbed by the body, these oils help strike a **balance between body and mind**. Aromatherapy is perfect for combining with Hydro-thermo massage®. When added to the bath, essential oils increase the positive effects of massage throughout the body.

In your shower space, with BainUltra's Vedana®, an Oasis for personal care®, aromatherapy is easily and simply combined with chromatherapy, Light Therapy®, Thermotherapy® and Sound Therapy® to reveal its complete therapeutic potential for body and mind.

Essential oils are the foundations of aromatherapy. They are particularly effective to help soothe muscles and joints, aid digestion, and eliminate toxins from your system, among other things. They are also excellent as anti-inflammatory tonics and for cellular regeneration.



6,500 years of aromatherapy

The therapeutic power of plants was first discovered in China 6,500 years ago. However, it was the Egyptians who pioneered the use of aromatherapy. For instance, they used the essential oil of cedar to preserve the body. The amazing state of preservation of their mummies is generally due to essential oils.

SKIN ABSORPTION

Cutaneous absorption is an excellent therapeutic gateway to the body. Whether diluted in the bathwater or applied during traditional massage, essential oils penetrate every layer of your skin by osmosis, allowing their benefits to be felt throughout your body's system.

NASAL ABSORPTION

Inhalation is one of the most direct absorption methods. As the essential oils are dispersed through the air, their scents are immediately captured by your olfactory and respiratory systems. They trigger powerful stimulating or calming reactions as your lungs absorb fine aromatic particles. These particles stimulate deep breathing and are absorbed by the blood to be transmitted throughout the body. With BainUltra's Oasis for personal care, Vedana, its unique nebulizer employs this technique with exceptional results.

AROMATIC IMMERSION

The combined action of skin absorption and inhalation is particularly effective and enjoyable. Hydro-thermo massage provides this aromatic immersion. Depending on which essential oil is used, your body will be energized or relaxed for several hours through the benefits of aromatic molecules.



VEDANA[®]

One plant, one benefit

Consult the table on page 41 to discover the practical tips related to the different aromatic plants you may use to suit your needs.

HERBS OR ESSENTIAL OILS?

While aromatic herbs and essential oils come from the same source, they are fundamentally different products, with distinctly different therapeutic effectiveness. For example, it takes 70 lbs. of lavender flowers to obtain the therapeutic effectiveness contained in only 1 lb. of lavender essential oil. And when it comes to roses, to equal the strength of a single pound of essential oil of *Rosa damascena*, it takes 1,800 lbs. of rose petals, the entire product of more than an acre of rosebushes.

THROUGH THE SKIN OR BY INHALATION?

Each absorption method has its own benefits. Certain plants will be more effective if absorbed cutaneously, while others achieve their full potential through inhalation. Hydro-thermo massage® is the ideal way to benefit from both methods at once and enjoy a unique sensory experience at the same time.

BainUltra's Vedana® allows you to optimize the benefits of aromatherapy through the powers of inhalation to live an exceptional wellness experience.



Essential Oils

Common name

Latin botanical name

s. = species

b.s. = biochemical specificity

	Relaxation	Respiratory system	Skin care	Sleep	Anti-fatigue	Stress	Circulatory system
Rosewood* <i>Aniba rosaeodora</i> , s. wood			•		•		•
Chamomile <i>Anthem. nobilis</i> , s. flowers	•			•		•	
Red cedar* <i>Juniperus virginiana</i> , s. wood							•
Cypress <i>Cupressus sempervirens</i> , s. branches + leaves		•					•
Eucalyptus <i>Eucalyptus globulus</i> , s. leaves		•					
Geranium <i>Pelargonium graveolens</i> , s. leaves			•	•		•	
Bay laurel* <i>Laurus nobilis</i> , s. leaves					•		•
Lavender <i>Lavandula angustifolia</i> , s. flowering tops	•			•		•	
Hybrid lavender* <i>Lavandula hybrida</i> , var. <i>abrialis</i> s. flowering tops	•	•			•		•
Lemongrass* <i>Cymbopogon citratus</i> , s. herb							•
Bitter orange <i>Citrus aurantium</i> , var. <i>amara</i> , s. leaves	•		•	•		•	•
Sweet orange (zest)* <i>Citrus sinensis</i> , s. zest	•			•		•	
Palmarosa* <i>Cymbopogon martini</i> , s. herb			•		•		•
Grapefruit (zest)* <i>Citrus paradisi</i> , s. zest					•		•
Ravensara* <i>Ravensara aromatica</i> , s. twigs	•				•		•
Rosemary* <i>Rosmarinus officinalis</i> , s. whole plant, b.s. 1.8 cineole		•	•		•		•
Rose <i>Rosa damascena</i> , s. flowers			•		•	•	
Tea tree <i>Melaleuca alternifolia</i> , s. leaves			•		•		
Ylang-ylang* <i>Cananga odorata</i> , s. flowers	•		•		•		

* Used in BainUltra Essentials

Where do essential oils come from?

Essential oils are obtained from **aromatic plants**. Each aromatic plant contains an essence, the natural raw state of essential oil. What we call essential oil is the result of **steam distillation**.

The plant is placed in a still, where its aromatic molecules are released by vapor action. The concentrated essential oil is then carefully collected by simple condensation. This same natural process has been in use since ancient times. It's what allows you to benefit from the full therapeutic potential of a plant with only a few drops. This natural process has been used since ancient times.

Extracting essential oils is a matter of know-how and unconditional respect for nature. Only a master of the art of distillation is able to obtain an essential oil that captures the true essence of the plant to the fullest.

Recognizing quality essential oils

First, the **price**! Quality essential oils are not cheap. Second, they must be **certified** by a label listing the following three criteria:

- **Species name** in Latin.
- **The part of the plant** from which the essence was extracted.
- **The chemical components** (cineole, camphor, verbenone, etc.) which, as with wine, can help a specialist determine the exact origin of the plant as well as its characteristics and its therapeutic potential.

Only certified essential oils proclaim their origin, their composition, and consequently, their quality.

Concerning essential oils

ESSENTIAL OILS AND HYDRO-THERMO MASSAGE®

When used correctly, essential oils have amazing therapeutic potential. However, it's important to respect the following guidelines. To find out more about using essential oils in combination with Hydro-thermo massage, please go to page 23.

DILUTE YOUR OILS

Essential oils must always be diluted in a natural emulsifier such as vegetable oil, honey, yogurt, powdered milk, shampoo, or liquid soap. Don't use more than the recommended proportions: 8 to 15 drops per 2 teaspoons of emulsifier.

CONSULT YOUR PHYSICIAN

If you are in poor health, it is particularly important to check with your doctor first. Certain essential oils can be very useful while others might be completely counter-indicated.

YOUR CHILDREN

Keep your essential oils out of reach of children. Essential oils in the eyes and ears can cause painful irritation.

BERGAMOT AND OTHER CITRUS ZESTS

After skin application, wait at least 6 hours before direct sun exposure in order to avoid stains on the skin.

SKIN IRRITATION

If the following essential oils are not diluted, they can cause skin irritation: lemon, orange zest. For the same reason, avoid the following essential oils: thyme (with thymol or carvacrol), savory, cinnamon, cloves, and other essential oils with carvacrol.

PRESERVATION

Keep your essential oils fresh in opaque, air-tight containers. Buy in small quantities.

Making your own mixtures

Wash your hands and use clean utensils

- 1 Pour 2 teaspoons of vegetable oil or other emulsifier in a small bowl.
- 2 Add essential oil (maximum 15 drops) and mix with toothpick.
- 3 Add a second oil as desired.



Making your own bath teas

Making bath teas is an innovative way to enjoy the advantages of aromatherapy. Choose your herbs according to the benefits you are looking for. Avoid mixing more than three different herbs.

- 1** Grind herbs finely and put two teaspoons of the mixture in a cheesecloth.



- 2** Wrap the cheesecloth around the herbs and tie with string.



- 3** Leave the tea bag in the water for the duration of your bath.



- 4** For maximum effect, massage the particular part of your body you want to treat directly with the tea bag.



Suddenly, color completely inhabits your space.

It is so present you can feel it. It surrounds you.

It transforms you. Its energy revitalizes,
stimulates, and calms you. It feels good.



Chromatherapy



What is chromatherapy?

Light is a vital universal energy that influences your biorhythms, each color affecting you differently.

Chromatherapy helps you take advantage of the energy embodied in specific colors to **reestablish and maintain balance and vitality in your life.**

COLOR AND YOU

Your senses and emotions are directly affected by hormonal balance or imbalance.

Your hormonal system is very sensitive to certain wavelengths of light. Your body's cells also need light to function normally, and specific colors affect their growth and behavior.

In this way certain colors—or the absence of those colors—can affect your body and your mood. By adjusting your color intake with chromatherapy, you rebalance your metabolism and your emotions.

Light is made up of **seven fundamental colors**: red, orange, yellow, green, blue, indigo, and violet. These colors are the same ones you can see in a rainbow. Each color has its own specific wavelength that corresponds to a particular frequency. As light travels through space, these colors interact with other elements... including you. Even though you don't feel a thing, these colors have an effect on your entire body. Each color in its own way affects you physically and psychologically.

A history of color

Chromatherapy dates back to the dawn of civilization. Manuscripts found in China and India, dating back thousands of years, confirm that colors were used for healing and to awaken spiritual awareness.

The power of color

Red walls stimulate. Hospitals often use green because of its soothing effect. The blue of the sky and the sea has calming properties. In general, the warmer colors (red, orange, yellow) stimulate and the colder colors (blue, indigo, violet) calm. Regular exposure in **approximately twenty-minute** sessions has many therapeutic benefits; see below for the specific benefits associated with each individual color.

Red

Stimulating and exciting.
Activates circulation and wakes up the senses.

Orange

Soothing and pain-relieving.
Stimulates the respiratory system and soothes muscular pain.

Yellow

Digestive and creative.
Promotes digestion and increases brain activity.

Green

Calming and stabilizing.
Relaxes the entire body and stabilizes emotions.

Blue

Relaxing and soothing.
Reduces blood pressure and stress and soothes the soul.

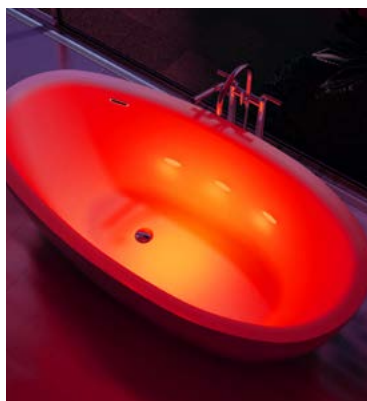
Violet

Immunizing and appeasing.
Stimulates the immune system, detoxifies the body, and reduces anxiety.

Creative violet

Violet is associated with very creative people. It inspires tranquility, thus promoting creativity. Leonardo Da Vinci used violet for meditation and Beethoven had violet curtains in his study.





For maximum results

In your ThermoMasseur®, chromatherapy is complimentary to Hydro-thermo massage®, aromatherapy, and Sound Therapy. In your shower space, Vedana® allows you to artfully combine ThermoTherapy®, aromatherapy and Sound Therapy. This way, you multiply their respective therapeutic benefits while personalizing your experience to fit your needs. When using chromatherapy, we invite you to follow these principles to maximize the effects.

AMBIANCE

In your ThermoMasseur. To start, draw your bath at the ideal temperature of 95-98 degrees Fahrenheit. Add the products you want to the bath. Before reclining in your bath, select your desired color. Make the room as dark as possible. The only light you should see is the one coming from your ThermoMasseur's chromatherapy system.

In your shower with Vedana. Turn off any surrounding lighting in order for your shower space to be bathed in the lighting system of Vedana. Whether you wish to combine other therapies or let yourself be guided by our preprogrammed sessions, prepare your session according to your needs. Find a comfortable position and let the light fill you with its benefits.

SOAK IN THE COLOR ENERGY

Once comfortably positioned in the bath, stretch out and relax. **Look at the colored light** for a few seconds and close your eyes. With every breath, visualize the color by imagining a natural environment where that color dominates: a leafy forest for green, the ocean for blue, etc. Open your eyes and look into the light again, and then repeat the visualization exercise. Concentrate on your breathing.



Dry heat stimulates your metabolism.

You start to sweat. Your muscles loosen up and your whole body relaxes. Your spirit soars.



Thermotherapy[®]

What is Thermotherapy®?

Unlike traditional saunas and steambaths, Thermo-therapy uses dry heat, with less than **5% humidity**. This dry heat raises your body temperature and naturally stimulates the beneficial process of **perspiration**.

Thermotherapy provides the following healthful benefits:

- **Stimulates the metabolism**
- **Relaxes body and mind**
- **Soothes muscles**

A veritable **Oasis for personal care®**, Vedana® creates a cocoon effect in your shower space allowing you to live the ultimate Thermotherapy experience. You can thus create your custom-tailored wellness experience by combining therapies or by using a single therapy, according to your daily needs.

A HEALTHY SWEAT

Dry heat really makes you sweat. On contact with dry air, your perspiration evaporates immediately, thus avoiding sweat trickling down your skin. Your pores are completely free to eliminate all impurities. Dry heat is also more comfortable and easier to take than a hot and humid atmosphere. That's why it's easier to tolerate intense heat in the desert than in the jungle.

Like a greenhouse, Thermotherapy uses an enclosed space, such as your shower space, to trap and build up dry heat and raise your body temperature. ▶



Hot spot

Using ThermoTherapy® to the fullest is all about listening to your body. The principle is simple: stay within your limits of comfort. To appreciate all the benefits of ThermoTherapy fully, respect the following guidelines.

TEMPERATURE

Vedana's convection heating system can reach a temperature of 176°F (80°C). Choose the temperature setting that's right for you. If you feel uncomfortable in high heat, choose a lower setting. However, remember that **sweating is essential** to the therapeutic process.

FREQUENCY

ThermoTherapy can be an important part of your wellness lifestyle. With this in mind, we suggest one session per day. Using thermoTherapy more frequently than that increases the possibility of dehydration and may destabilize the metabolism.

DURATION

An average ThermoTherapy session can last anywhere **from 5 to 20 minutes**. Once again, it's up to you to decide what's right for your body. Longer sessions relax and soothe your muscles more fully and cleanse your pores more completely. To avoid dehydration, don't exceed the maximum session of 30 minutes. To freshen up, use your shower during your session.

READ!

The dry heat of ThermoTherapy doesn't affect books or newspapers the way the humidity of a conventional sauna does, so go ahead and read during your session. It's an excellent way to relax while your body recharges.

Aromatherapy & Thermotherapy®

The use of aromatic essences from plants, flowers, or resins helps restore harmony between mind and body. With Vedana® in your shower space, enjoy all the benefits of aromatherapy:

- **Soothe aching muscles**
- **Aid digestion**
- **Enhance general wellness**

With Vedana, aromatherapy combines naturally with Thermotherapy. The essential oils poured in the nebulizer are atomized and diffused in your shower space. Your skin and olfactory system capture the aromatic molecules from the oil and disperse them throughout the body. To find out more about the benefits of each essential oil, see the chapter on aromatherapy.

MORE COMPLIMENTARY THERAPIES

In addition to aromatherapy, Vedana allows you to combine Thermotherapy and chromatherapy, Light Therapy® and Sound Therapy®. Be it through the use of the preprogrammed sessions of Vedana or your own personal program, you will multiply the benefits to reach deep relaxation and peace of mind.

Water, water, and more water!

Even though you might not feel like you are sweating a lot, you are! Adequate hydration is essential. Drink water before, during, and after each session.





Light Therapy® revitalizes your whole being; it's the natural way to compensate for a lack of exposure to the sun and its beneficial rays. It resets your internal clock and keeps away the blues.



Light therapy

What is Light Therapy®?

Light is essential for your well-being. You need to absorb a certain quantity of light every day to **maintain your balance**. For various reasons, it might be difficult to absorb the minimum: **seasonal changes, night shift work, jetlag**, etc. This deficiency can directly affect your internal clock. The best-known effect of light deficiency is winter depression, due to the decrease in daylight hours between November and March.

Light Therapy makes up for this deficiency naturally by **resetting your internal clock** through exposure to an intense light source.

SYNCHRONIZING YOUR INTERNAL CLOCK

It has been proven that your internal clock loses from 6 to 12 minutes every day, which over time can lead to **psychological and physical effects**. It has also been shown that your internal clock is sensitive to light. By recapturing these lost minutes through daily exposure to light, you can reset your internal clock. The intense light needed for resynchronization can come from a natural source such as the sun, or from an artificial source, such as the powerful integrated Light Therapy system in Vedana® from BainUltra®.

For therapeutic purposes, Light Therapy allows you to reset your internal clock and provides additional benefits in the following situations:

- **lack of energy**
- **winter depression**
- **fatigue due to night shifts**
- **jetlag**

WHAT IS YOUR INTERNAL CLOCK?

The internal clock is located in the brain. It synchronizes more than **150 biological rhythms** (sleep, menstrual cycle, etc.) as a function of the amount of light absorbed each day, among other factors. The internal clock generates and controls physiological and psychological aspects of the being that must be perfectly coordinated in order to maintain balance. The balanced human being is like a well-oiled machine that works like... clockwork.

JETLAG

Light Therapy is the perfect way to reduce the effects of jetlag. The main idea is to follow the movement of the sun.

- **Before an eastbound departure:** get up early and get early exposure to light.

- **Before a westbound departure:** go to bed late and get some night-time exposure. Begin light therapy 2 to 3 days before the trip.

- **Upon returning from the East:** get some light exposure at night and go to bed late.

- **Upon returning from the West:** get morning light exposure and wake up early. Continue light therapy for 2 to 3 days after each trip.

SHIFT WORKERS, VEDANA WELCOMES YOU

Use Light Therapy in the evening... before leaving for work. Upon return in the morning, avoid exposure to light. This will help you sleep peacefully.



Vedana, your Oasis for personal care™

Vedana by BainUltra is a practical and effective solution. A 15-20 minute exposure every morning is enough to keep your internal clock running right. Use it as a morning shower and get a powerful dose of light from its integrated Light Therapy system. Vedana features precision **Litebook**® technology, the state-of-the-art in terms of light intensity, wavelength, and range. In short, it's useful and enjoyable, practical and therapeutic.

The light cure

A session of Light Therapy® lasts from **15 to 20 minutes**. Ideally you should plan a session every morning. Whether you use Vedana® from BainUltra or the bright morning sun, it's important to let the light hit your face. You can take advantage of the session to catch up on your reading, listen to music, or eat breakfast.

You can easily combine Light Therapy with Thermo-therapy®, aromatherapy, and Sound Therapy®, it's the perfect energy cocktail to start your day off right.

6:00 AM OR 6:00 PM

Your internal clock is more sensitive at certain hours of the day. Strangely enough, the noonday sun is not the best for therapeutic purposes. In fact, 6:00 AM and 6:00 PM are the best times for Light Therapy; morning exposure provides maximum effect.

EYES WIDE OPEN

The beneficial effects of light are transmitted by the eyes, not the skin. Keep your eyes open. You don't have to look directly at the source, but remember that the light that reaches your eyes must be relatively intense.

LIGHT THERAPY AND UV RAYS

Light therapy is a matter of light intensity, not heat. A tanning session does not count as Light Therapy and provides no therapeutic benefits. True light therapy systems filter out UV rays, which are particularly dangerous to the eyes.

FOR THE WHOLE FAMILY

Light Therapy is very effective with children. It's especially helpful for synchronizing their internal clocks... with your own.

BE FULLY INFORMED

While light is beneficial in itself, certain recommendations should be followed. Use only systems that have been specifically designed for Light Therapy like Vedana by BainUltra®. Avoid ordinary lamps. For treatment of seasonal depression or retinal problems, consult a doctor before therapy.



Light Therapy evolution

VEDANA®

Vedana is using bright light in the appropriate wavelength which is the latest breakthrough technology in the therapeutic use of light. Research shows that bright light around 460 nanometers suppresses melatonin and raises serotonin quickly.

The Litebook® technology uses Light Emitting Diodes (LEDs). These tiny lights produce a specific combination of wavelengths identical to the peak wavelengths of the sun—which turns out to be the wavelengths that our bodies respond to for health and wellbeing—which makes sense since for millions of years, the sun was the original and only light source.

Winter depression

It's fall and you always feel tired? It's probably winter depression. This imbalance is caused mainly by the effects of reduced daytime sun hours on your internal clock. Lack of light due to shorter days causes chemical imbalances that can have an effect on your mood.



The sound carries you away. Sound Therapy® veils all ambient noise, enveloping you with sound so you live in the moment, in the total wellness experience you crave.





Sound Therapy

What is Sound Therapy®?

Sound has an effect on all living organisms. Sound therapy uses different sounds to create a physiological and psychological reaction. These sounds can be **appeasing, calming, energizing**, or other, according to the desired effect.

Sounds have multiple sources such as music, singing, humming, toning, and chanting and are produced using voices, instruments, or electronic devices.

A BIOLOGICAL FACT

It has been scientifically proven that we hear in the womb early on, and react to our mother's voice as soon as we are born.

We sing lullabies to put babies to sleep, hymns and songs are raised in praise in various ceremonies, and armies were sent to battle to the rhythm of drums.

Sound is very evocative and intimately linked to emotions, sometimes even more than words can be. In movies, music can create an atmosphere and anticipation for what is coming, be it fear, horror, sadness, or romance.

It seems music doesn't travel in the brain the same way language does. Moreover, we can hear sound through our ears but also feel it through vibration.

Sound Therapy®, by BainUltra®

Sound Therapy is offered with Vedana®, Oasis for personal care®, to be used on its own or to be combined with the other therapies offered and thus multiply the benefits of your wellness space (see page 12 for more details).

CREATE A TAILORED MUSICAL AMBIANCE WITH THE SOUNDS TO SATISFY YOUR NEEDS.

Heighten your care experience by choosing the **preprogrammed selections** offered by BainUltra, or create your own personal playlist.

Our brain activity is divided into 4 major rhythmic stages:

- 1 Beta waves, which range from 13 to 30 Hz and are associated with daily activities.
- 2 Alpha waves, which range between 8 to 12 Hz and are associated with awareness, calm, and daydreaming.
- 3 Theta waves, which vary between 4 and 7 Hz and are associated with sleep and meditation.
- 4 Delta waves, which are up to 3 Hz and are associated with deep sleep, unconsciousness, and 2/3 of sleep time.

Hence, the slower the brain wave, the more relaxed you are.

MEASURING SOUND

Music uses frequencies to emit sounds. These frequencies are measured in hertz. Sound intensity is measured in decibels.

SOUND IN HISTORY

Sound Therapy has existed in different forms for a very long time. In ancient Egypt, sounds were used in religious ceremonies. Hieroglyphs were discovered that depicted harps, flutes, and lyres.

In Ayurveda, an Indian holistic medicine, it is believed that our bodies are made of energy centers called chakras and that each one has a mantra. Mantras are part of a theory of spiritual healing based on Sound Therapy.

STUDYING SOUND

As early as the 17th century, music was studied for the treatment of mental illness. Two subsequent studies made great strides in the scientific knowledge of brainwaves. These studies found that sound can be used to correct or modify certain patterns, and that low frequencies make us tired and bring our energy down while high frequencies have the opposite effect.

PLEASANTLY BENEFICIAL

Sound Therapy balances our energy centers and vibrations, to relax, energize, or heal. This therapy also helps to recharge our mental capacities and perform better in a conscious state. It even brings us to a state of calmness, to feel more rested.



As a partner in your wellness, BainUltra welcomes you with great pleasure to our uniquely inspired care universe. We are happy to offer you this guide that is a treasure trove of information to help optimize your daily ritual. The pleasure is now yours as you make the most of your personal wellness space to live the care experience you truly need and deserve.

To learn more about the BainUltra experience, visit bainultra.com.



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