

# HYDROTHERAPY EXPERIENCES

Take a thermal journey thirty minutes to an hour before your treatment. The hydrothermal facility at Raffles Spa includes a vitality pool filled with mineral-rich Peruvian Pink Salt, a Herbal Sauna Room scented with a range of calming aromas, an Aromatherapy Steam Room that releases pure salt vapour while you relax in the serene surroundings and an Ice Fountain for cooling relaxation.

## SAUNA

High heat (80°C) and low humidity (about 25%) create an environment which promotes overall perspiration and deep cleansing of pores.

Recommended duration: 10 to 15 minutes

## AROMATIC STEAM ROOM

Maintained at 42 to 45°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up breathing passages and alleviates congestion.

Recommended duration: 10 to 15 minutes

## ICE FOUNTAIN

Ice Fountain is a gentle cooling alternative after the use of heat facilities. You may use the ice fountain intermittently when moving from one heat facility to another which will strengthen your body's immune system and tightens your pores.

## VITALITY POOL

Just like an onsen, the vitality pool is kept to a comfortable temperature of 38 to 42°C to pamper and relax the body.

Recommended duration: 10 to 15 minutes