

# WELCOME TO THE CLOUDS



ENJOY THE RESTORATIVE BENEFITS OF GEOTHERMAL BATHING.

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This water contains naturally occurring minerals including sulphur, calcium, magnesium and potassium and is classified as a 'sodium chloride bicarbonate spring'. The water is naturally heated to between 37°C and 43°C in underground aquifers 550 metres below the surface and used to fill this pool.

The therapeutic benefits of these waters are said to include the alleviation of neuralgia, bruising, articular rheumatism, stiffness of the shoulders, recovery from fatigue and muscular complaints.

Begin your experience with a warm shower using the botanical-infused body wash. Remove any jewellery.

Gently ease into the pool and apply the eye mask. Settle in, and let your breath guide you—slow, deep inhales and exhales will quiet the mind.

When you are finished, rise slowly and step out with care. Rinse under a warm shower, exfoliating your skin using a mix of the body wash and salts provided. Finish by hydrating and nourishing your skin using the body lotion.

The Clouds is not suitable for people with a fever, open wound or pregnant women in their first trimester. If you have a medical condition, we recommend you seek medical advice before entering the springs.