

*Informational Guide*  
*through the*  
*Many Health Benefits*  
*of*



*What lie hidden inside Spa Castle's structural beauty are numerous ancient health traditions that have been perfected over centuries to deliver complete well-being.*

*In addition to the benefits gained from familiar mainstream spa treatments, the use of our facility itself will enhance mental, physical, and yes, even social well-being.*

*Spa Castle's policies are enforced to help those who are unfamiliar with the traditional bath and spa culture make the most of their experience, while ensuring ultimate cleanliness to seamlessly introduce the purest traditions from around the world.*



# History of Bath Houses

*Fundamental Concept behind Spa Castle*

**Bathhouses** have been in existence for almost 2000 years, with the Romans and Greeks at its European forefront, and the Japanese at the Asian's. The Roman baths in particular, were known to have been extravagant architectural monuments that stood as an essential pillar of society. These were not just places to bathe and heal, but were meeting grounds where business was conducted, social gatherings made, and philosophical discussions exchanged - all to help invigorate the body *and* mind. Most bathhouses were impressively designed and ornately decorated, all the while remaining functional.

Japanese and Koreans were, and still are, known for their bathing culture and near obsessive dedication to cleanliness. Heated waters were believed to have the power to cure illness, while the bathing rituals would rid the body of any impurities found inside and out. As running water became more common within homes, bathhouses transformed into *destination locations* with many additional accommodations to complement the traditional water-based fixtures.

Despite this transition, bathhouses still remained more *functional* than full-of-frills luxurious, focusing on the fundamental traditions of achieving cleanliness and furthermore, health. Frequenting bathhouses is still seen as a must-do ritual, similar to eating and sleeping.

Spa Castle remains true to its roots, but adds its unique and modern interpretation to the classics.



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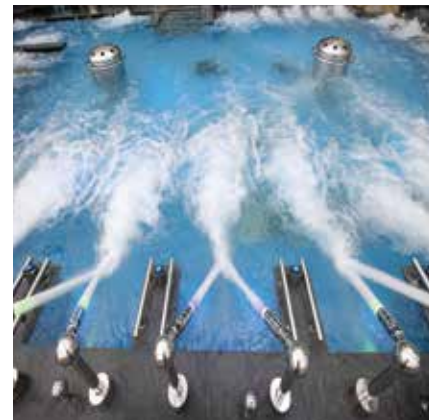
Your spa experience begins as you walk through the doors. Multiple **Purified Oxygen dispensers** are installed throughout the facility to distribute filtered oxygen-enriched air. Each guest is provided with an electronic watch or “key”, which functions to open personal shoe and clothing lockers and also conveniently to track services and purchases made throughout the visit. Common in Asian cultures, Spa Castle respectfully asks that all guests remove their shoes while inside the facility. Spa Castle opens its home to all and strives to provide only but the most immaculate space for enjoyment.

## SALUS PER AQUA

*Healing Through Water.*

**Bade Pools** are Spa Castle's *exclusive* spa pools designed uniquely to host different “stations” of aqua-jet nozzles strategically placed to target specific areas of the body. The nozzles are activated by blue touch dials and automatically shut off after a few minutes of aqua-massage therapy. This unique form of hydrotherapy not only feels blissful, but helps facilitate numerous health improvements and relaxation.

*\* The water temperature is heated according to the weather allowing for 4 seasons of enjoyment.*



### Hydrotherapy Benefits for:

- **Physical Discomfort**  
Expands blood vessels allowing for reduced pain, inflammation, swelling and stiffness. Healing of injured tissues is expedited and muscle tone strengthened. Perfect for curing discomfort caused by arthritis and other rheumatologic conditions.
- **Respiratory Issues**  
Helps alleviate upper respiratory infections, asthma, colds, influenza, bronchitis, and pneumonia by promoting healing through increased blood circulation and the immune systems' circulation of white blood cells.
- **Diabetes**  
Improves blood sugar levels and helps stabilize blood pressure.
- **Weight Loss**  
Helps control weight management through the overall strengthening of the internal systems. For those unable to engage in physical exercise, water can help ease the difficulty of physical exertion. The warm water and pressure provided by the jets cause the lungs and heart to work harder, resulting in increased cardio-vascular fitness.
- **Headaches and Stress**  
Increases production of endorphins which improves sleep, prevents headaches and stress, and results in an overall feeling of relaxation and comfort.

*\* Specifically, the Outdoor Circulation jet station located in the Standing Bade Pool, is designed for guests to walk against the current, strengthening muscles and facilitating muscle strength through resistance.*



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## BATHS

*Located in the male and female locker room*



### Why is this area nude?

Since the beginning of bathing history, clothing was prohibited inside the tubs for sanitary reasons. Unnatural chemicals and toxins from the clothing would be drawn out by the intense heat of the water and absorbed into the pores and skin. It was also said that a bather wearing clothing in this area was trying to conceal an unhealthy condition that was worth hiding.

*\* To promote the cleanest waters for our guests and to stay true to ancient bath traditions, clothing and/or any form of bathing suits are prohibited inside all locker room baths. Each guest must shower prior to using any of the baths or pools.*

### Suggested Use of the Bath Area

- 1 Head-to-toe cleanse and exfoliation at seated showers PRIOR to entering baths.
- 2 Emersion in one or more of the heated tubs, increasing temperatures as you go.
- 3 Scrub Massage treatment.
- 4 Use of dry and wet sauna rooms.
- 5 Another shower and/or soaking in heated tubs.
- 6 A dip in the cold plunge to close the pores and tighten the skin.

### Seated Showers

Seated showers are popular as it allows for a more thorough cleansing of the body through lathering and exfoliating of the skin. Children and parents help scrub each other's backs, epitomizing the pure and simple culture of the communal bath tradition.



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## Heated Bath Spa Pools - *Event tubs*

Soaking inside heated waters helps open up pores, improves blood circulation of white blood cells, and reduces aches or pains. By adding aqua-jets, the thermal waters are now specifically aimed to massage muscles. Each jet targets different pressure points throughout the body, increasing circulation and digestion, while soothing any body aches and treating discomfort caused by certain diseases.

*\* Spa Castle uses **natural herbs** inside the heated waters to help cleanse the pores and restore the skins vibrancy.*

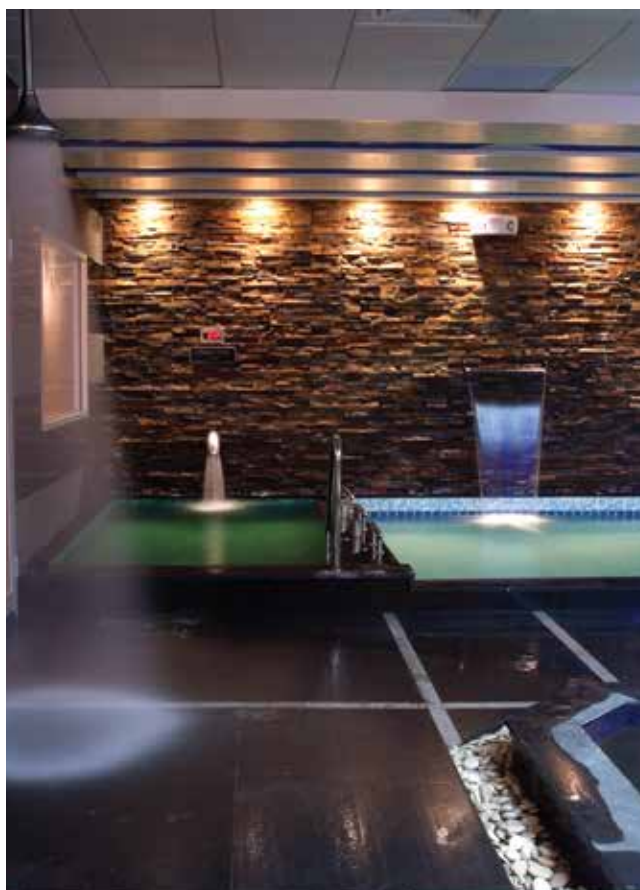
## Body Scrubs

*A traditional Korean exfoliation treatment*

Body Scrubs are a traditional Korean practice of cleansing and exfoliation that uses textured gloves to remove dead skin, dirt and oil, while increasing circulation and firming the skin. It is custom to soak in the hot bath to open up the pores and prepare the skin for exfoliation. Therapists proceed with the scrub, which is a fully nude, no-frills service designed purely to cleanse the skin. You will be left soft and detoxified with your skin breathing like never before.

## Cold Plunge Pools

Contrast hydrotherapy is the alternation between hot and cold baths to achieve the combine benefits of differing water temperature immersion. Cold water improves the circulatory system as well as aids in lymphatic drainage. Surface blood vessels constrict and drive blood back into the organs. Short spurts of drastic temperature changes help tighten up the skin, builds up the immune system, and also help rid the formation of cellulite.



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# WET AND DRY SAUNA ROOMS

*Located in the locker rooms and on 2nd Floor Sauna Valley*



*\* It is very important to keep hydrated and remain aware of how your body is handling the heat. There is no universal time limit for exposure in the saunas, as each person's comfortable and tolerance varies. However, it is not recommended that anyone remain in a sauna for more than 30 minutes at a time.*

## Sauna Benefits for:

- **Detoxification and "Hangovers"**  
Detoxification of the skin and organs through sauna use cleanses the body of any unnatural impurities ingested throughout the day. The kidney and liver's productivity is improved, taking some stress off these vital organs and allowing them to perform more efficiently.
- **Weight Loss**  
Provides an alternative to rigorous exercise activities, facilitating circulation and getting the blood pumping throughout the body for better performance. Your body works harder as you sweat and overheat, burning more calories and working vigorously to help cool the body. Heart rate is increased by 50 to 70% thus increasing the metabolism.
- **Skin**  
As you sweat out the toxins and unwanted chemicals from the body and pores, your skin is able to resurface essential nutrients and is left refreshed, cleansed and glowing.
- **Respiratory Issues**  
Sinuses, ears, eyes, throat and intestines are strengthened. Steam rooms are a great treatment for chest congestion, bronchitis, laryngitis and sinusitis.
- **Physical Discomfort**  
Relieves pain and stiffness caused by arthritis and other rheumatoid conditions.
- **Common Cold or Sickness**  
Sauna exposure mimics a fever like state, which is the body's natural way of healing from any sickness, injury, bacteria, and viruses. This intense heat stimulates the immune system, as white blood cells and antibody production is increased.



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# SAUNA VALLEY

## Gold Pyramid - *plates of 98% real gold*

From the Ancient Romans to the Egyptians, gold was used for its numerous medicinal healing and beauty powers. Some believe that it reduces dependency on alcohol, caffeine, nicotine and carbohydrates. A more proven benefit of gold is its ability to improve mental acuity and concentration through increasing the conductivity between nerve endings. Concurrently, it is beneficial for rejuvenating sluggish organs, especially in the brain and digestive system. Gold is used to treat rheumatoid arthritis and other autoimmune diseases.



## Loess Soil - *yellow soil of Korea*

The hottest and largest sauna at Spa Castle, this room provides the ultimate meditative environment with the soothing aroma of the yellow clay and hand painted walls. The infrared rays emitted from the Loess clay help blood circulation and metabolism, as well as relieve headaches, arthritis, liver ailment and even obesity. Blood is detoxified as the infrared heat pushes out wastes from the pores. Heated loess is recommended to prevent topical dermatitis as well as for relief from asthma.



## L.E.D. Color Therapy - *Chromo-therapy*

Used in traditional Chinese and Indian medicine, this alternative method focuses on the use of colors to balance "energy" within the mind, body, and soul. Specific colors are linked to different organs in the body, affecting emotions, moods, and physiological conditions. When the energy of a particular organ is thrown off by disease, sickness, or distress, exposing the body to its related color wavelengths will restore homeostasis.



**Red - color of energy, vitality and power**

Associated with courage, strength, vitality, alertness. Helps benefit blood circulation and the nervous system, as the color is linked to the bottom of the spine.

**Green - color of harmony and balance**

Associated with peace, love, and harmony. Helps reduce stress and calms the mind. Green also stimulates growth and is conducive to reviving tired nerves.

**Blue - color of truth, serenity, and harmony**

Associated with creativity, health, vitality, decisiveness. Helps soothe the mind, helping hyperactivity in children. Blue has anti-inflammatory and muscle relaxing effects, as well as properties of relieving headaches, muscle cramps, and stomach pains.

**Yellow - color of intellect**

Associated with mental clarity, cheerfulness, and optimism. Benefits include strengthened memory, energy, and ease of depression. Yellow has decongestant and antibacterial properties, re-activating and purifying the body.



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## Himalayan Salt Room - *Pure blocks of Himalayan Salt*

Salt is a natural ionizer and creates a fresh, clean, bacteria-free environment. This room will help regulate water and blood pressure throughout the body. Calcium, sodium, magnesium, carbon, and manganese found in the blocks of salt help relieve allergies and asthma, soften and clear the skin, and reduce signs of aging. The salt moisturizes the air allowing for easier breathing for those with respiratory issues.



## Far-Infrared

Heaters convert infrared light into heat, which is directly absorbed into the skin (as opposed to heating the air), soothing joint stiffness, increasing oxygen flow to the brain, and clearing up nasal congestion and clogged pores,. The rays are vibrating at a frequency that allows for the body's cells to activate and strengthen, which results in better circulation. As the rays are directly absorbed into the skin, pores are cleansed and detoxification is achieved.

## Jade Sauna – *Decorated in jade stones*

This magnificent hut is not only aesthetically pleasing to the eye, but covered in jade stones, which contain calcium and magnesium which are absorbed into the body through far infrared healing rays. Jade has many healing powers that strengthen the kidney, lungs, eyes, bladder, heart, and stomach ailments. Jade also stimulates creativity and mental agility.







## Infrared Zone

*Lounge chairs placed under overhead infrared heaters*

Microscopic infrared wavelengths are emitted from the heaters and directly absorbed into the body, reducing pain, stiffness, and fatigue. This lounge mimics the comforting warming sensation achieved from sunbathing without the damaging effects of UV rays. Use the blue touch panels to activate the heaters.



## Ice Land

Short exposure to cold stimulation improves the body's anti-oxidant capabilities, helping strengthen the immune system, firming the skin and closing the pores. Ice Land will reduce cellulite and relieve chronic pain and fatigue. This room is also great for stops between the hot saunas, as it re-acclimates the body's temperature and offers a refreshing escape.

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# ONDOL ROOM

*Located on Second Floor in front of Loess Soil Sauna*

**Ondol**, which translates to "warm stone" in Korean, is a traditional room covered in heated floors. Ondols have been traditionally used in a living space for sitting, eating and sleeping. As opposed to Western customs of plush, cushioned beds and seats, Asian traditions find comfort in sleeping on bare floors, with only a wooden head rests for support. Ondol rooms are popular in Asian spas as it provides a warm place to lay down after venturing in and out of the sauna rooms.



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# ALTERNATIVE MEDICINAL TREATMENT

## Reflexology

*Available on our Mezzanine Floor*

Although many mistake "reflexology" for "massage," these are two very different treatments. Reflexology focuses on pressure points located in the hands and feet to target problem areas inside the body using unique micro-movement techniques of the thumbs, fingers, knuckles, and sometimes even wooden sticks. The treatment can be painful at times, especially if there are internal problem areas. For example, should you experience indigestion, the pressure placed in the center arch of the foot may be of discomfort. However, indigestion will be relieved after treatment.



## Shiatsu

Shiatsu is Japanese for "finger pressure" and is another alternative medicinal technique that targets pressure points located in the body, while adding stretching techniques throughout the service. This form of massage is much different from the types of soothing Westernized services, as it is more designed to be functional than anything else. Shiatsu is a needle-free form of acupuncture that will assist in doing more than just working the muscles. Your body's overall performance will be rejuvenated and strengthened.



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“ *First, you went into the changing room... where you left your clothes on a shelf, hoping nobody would take a shine to them and take them home. To work up a nice lather before washing it all away in the baths, you might take some sort of exercise, like wrestling or weightlifting. Then you went into the hot room... and without lifting a finger, you would find yourself sweating like a marathon runner... After all the steam in the Caldarium, you relaxed in the Tepidarium - warm room. Finally, there were the cold plunge baths or swimming pools for a nice dip to close the pores, followed by a relaxing loll by the poolside. A small fee could engage the services of a trained masseur... And for the inside of the head, the bathhouses provided lectures and symposia.* ”

Signs at *Beit She'an Bathhouse* ruins of the Roman Empire



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Escape the ordinary at...



*For the comparatively modest Westerner, Spa Castle's ornate bath area may be the ultimate culture-shock, and the light-hearted, family atmosphere unexpected. However, the beauty and allure of this grand facility lie in its ability to engage new comers to participate in its unique experience, making the exciting experience of venturing through the facility enough to get visitors entranced.*

*Spa Castle has allowed for all cultures to open up their palates to unfamiliar traditions, which is the most refreshing part of the experience.*