

# COLD REACTIONS, SHOWERS AND KNEIPP THERAPY



**STARPOOL**

wellness concept

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# Heat water rest

The formula of our DNA.

Our **Wellness idea** is the result of a long experience that led us to believe in this formula. Heat, water, and rest **contribute to the realization of solutions that result in authentic psycho-physical benefits** through actual multi-sensory programs.

Ancient civilizations have taught us that spas should meet the specific needs of each person. We reinterpreted the cultural heritage of the tradition from a modern perspective, creating cosy, functional, and high-performance environments, where the formula of heat, water and rest is their true essence.



Heat is the fundamental element in saunas and steam baths. When exposed to high temperatures, our body enacts a beneficial physiological response as a defence against overheating.



Water is the fundamental element in reaction baths, crucial after the exposure to heat. They favour the rebalancing of body temperature and functions.



Rest is the period when our body experiences a state of relaxation and psycho-physical regeneration. It is the ideal ending of every wellness program, allowing the body to restore its correct balance and optimise its physiological state.

HEAT BATHS AND ADEQUATE COLD REACTIONS

types of heat baths



DRY HEAT  
FINNISH SAUNA



MILD HEAT  
SOFT SAUNA  
SALT SAUNA



MOIST HEAT  
STEAM BATH  
THALASSO BATH



DEEP HEAT  
MEDITERRANEAN BATH  
ROMAN BATH  
INFRARED SAUNA

adequate cold reactions



INTENSE COLD  
REACTION



MILD COLD  
REACTION



MILD COLD  
REACTION



LIGHT COLD  
REACTION

products for cold reaction



ICY SHOWER



COLD SHOWER



COLD SHOWER



COOL SHOWER

COLD BLADE

COLD RAIN

COLD RAIN

COLD BREEZE

COLD POOL

COLD STORM

ICE FALL

ICE ROOM

# *The cold for your balance*

~~~~~

The formula of  
**heat, water, and rest**  
teaches us that every heat  
bath **needs to be followed**  
by the most adequate cold  
reaction.

~~~~~

*A cold reaction is perfect when it has an  
**inversely proportional temperature to  
the one of the experienced heat bath.***

*We have developed different types of  
cold reactions, one for every specific  
need.*



# Cold pool

INTENSE COLD REACTION



A **pool of icy** water that grants an immediate refreshing effect after the Finnish sauna. The body needs to be immersed gradually, starting from the feet and to the head. It has tonic and beneficial effects favouring vasoconstriction and an immediate skin firming result.

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TECHNICAL INFO

Models	To be defined based on the available space and of the many possible design finishes
Realization	On site or with prefabricated product
Water treatment	With timed replenishment of overflowed cold water and manual/automatic drainage  With system of recirculation, filtering, cooling through heat exchanger and chemical water treatment
Water temperature	It corresponds to the cold water supply; recommended temperature: 8-15 °C



# Ice fall

INTENSE COLD REACTION



After the exposure to the dry heat of the Finnish sauna an invigorating treatment with **ice crystals** is recommended. Slowly massaged from feet to head, these favour the rebalancing of body temperature and heart rate.

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## TECHNICAL INFO

Activation	Automatic with timer
Outlet	Ceiling-mounted Or wall-mounted
	Polished stainless-steel finish
Lighting	Blue led light <i>(only in the ceiling-mounted version)</i>
Energy consumption	600 W
Ice basin	In steel and glass, 50x50 cm, 80-cm high  Polished steel and solid surface, ø 46 cm, 96-cm high  Or any other solution available or proposed by the client



# Ice room

INTENSE COLD REACTION



A **cool, invigorating environment** which, thanks to the finely crushed ice, rebalances body temperature after the exposure to the dry heat of the Finnish sauna. The climate of the room is homogeneously cold, enhancing the pleasant feeling of freshness and offering the most authentic cold reaction.

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## TECHNICAL INFO

Models	Several models are available with different finishes
Cooling	Cooling machine and ice-fall supply
Temperature	-1 °C
Lighting	Blue led light
Voltage	400 VAC 3P + N + PE
Energy consumption	2 KW





# Cold storm

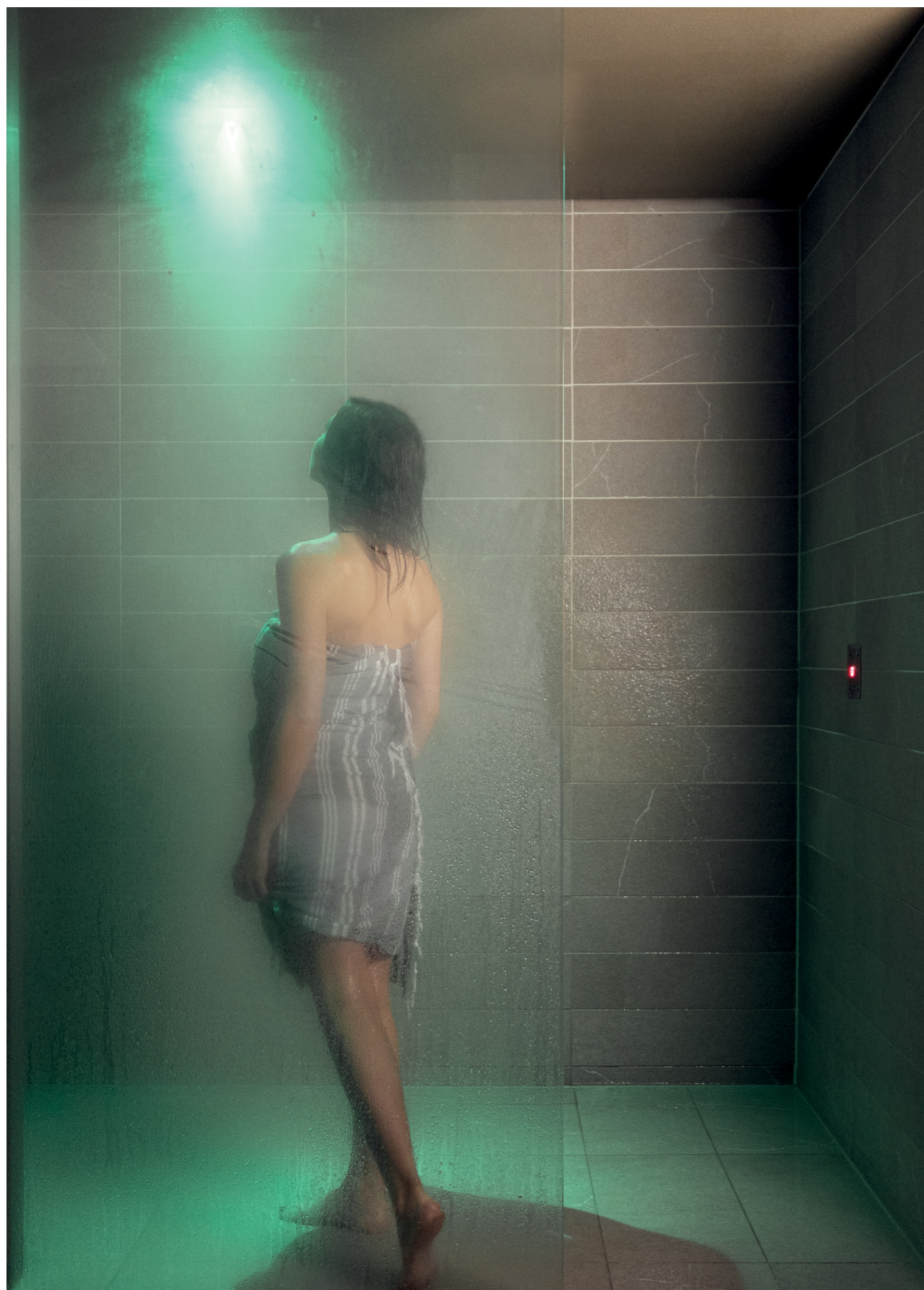
INTENSE COLD REACTION



The pouring of ice-cold water, the **blue led light** and the **Scots pine fragrance** ensure a highly invigorating effect. This intense cold reaction is ideal after the exposure to the dry heat of the finnish sauna.

## TECHNICAL INFO

Activation	<b>Button</b> The function has a timed activation for 30 seconds
Showerhead plate	Ceiling-mounted 17x17 cm Polished stainless-steel finish
Water consumption	12 lt / min
Water temperature	It corresponds to the cold water supply; recommended temperature: 8-15 °C
Lighting	Blue led light for the Cold storm and fixed white led light on standby
Fragrance	Scots pine
Water consumption	0,70 cc / impulse
Energy consumption	100 W



02

COLD REACTIONS

# Cold rain

MILD COLD REACTION



**Drops of cold water scented with ice lime** and a **green led light** offer you a multi-sensory experience with firming, refreshing and energizing effects. Cold rain is especially indicated after the exposure to the mild heat of the soft sauna and of the salt sauna, as well as after the moist heat of the steam and thalasso baths.

## TECHNICAL INFO

Activation	<b>Button</b> The function has a timed activation for 30 seconds
Showerhead plate	Ceiling-mounted 17x17 cm Polished stainless-steel finish
Water consumption	2,7 lt/min
Water temperature	It corresponds to the cold water supply; recommended temperature: 8-15 °C
Lighting	Green led light for the Cold rain and fixed white led light on standby
Fragrance	Ice lime
Fragrance consumption	0,70 cc / impulse
Energy consumption	100 W



# Cold breeze

LIGHT COLD REACTION



The peculiar spray-jet with **very fine droplets**, together with the **blue led light** and the **firmint fragrance** ensure refreshing and invigorating sensations. The Cold breeze is a light reaction and is indicated after the exposure to the deep heat generated by the Mediterranean bath, the Roman bath, and the infrared sauna.

TECHNICAL INFO

Activation	<b>Button</b> The function has a timed activation for 30 seconds
Showerhead plate	Ceiling-mounted 17x17 cm Polished stainless-steel finish
Water consumption	2,2 lt/min
Water temperature	It corresponds to the cold water supply; recommended temperature: 8-15 °C
Lighting	Blue led light for the Cold breeze and fixed white led light on standby
Fragrance	Firmint
Fragrance consumption	0,70 cc / impulse
Energy consumption	100 W

*Enjoy  
all the  
pleasant  
sensations*

~~~~~

The **Shower** is a unique way to enjoy a **multi-sensory water experience** and is perfect before and after every wellness program.

~~~~~

*Showers prepare the body to endure the high temperatures of the sauna and*

*heat bath and they help it restore its natural balance after the session.*



# Shower One

The ideal solution for those who want to be embraced by the unique sensations offered by water.

It is possible to choose from more than **80 different combinations** with adjustable water temperature, lights and exclusive fragrances.

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## TECHNICAL INFO

Activation	Mixer tap*
Showerhead plate	Ceiling-mounted 60x42 cm Polished or matt black stainless-steel finish
Water consumption	17 lt/min
Lighting	Fixed white led light for the shower and on standby
Energy consumption	3 W

*\*Not included in the supply*

*This technical info refers to the basic functions of Shower One and does not cover all the other possible combinations that can be added*

*Shower One is the perfect solution because:*

IT HAS A LARGE WATER JET THAT EMBRACES THE BODY COMPLETELY



THE WATER FLOW IS GREATER THAN THAT OF STANDARD SHOWERS



THE SOUND OF THE WATER EVOKES THAT OF A WATERFALL



THE PLAYS OF LIGHTS CREATE EVOCATIVE SHAPES ON THE FLOOR



IT ENSURES SPACE OPTIMISATION:  
80 DIFFERENT CONFIGURATIONS  
AND AN ONLY SHOWERHEAD





# Showerhead

The Showerhead is designed to ensure physical rebalancing after the heat baths. It can be adjusted to every individual need, as the jet intensity and the water temperature are adjustable.

The Showerhead combines perfectly with many of the cold reactions and emotional showers.

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## TECHNICAL INFO

Activation	Mixer tap*
Showerhead plate	Ceiling-mounted 17x17 cm Polished stainless-steel finish
Water consumption	8 lt/min
Lighting	Fixed white led light for the shower and on standby
Energy consumption	1 W

*\*Not included in the supply*

*This technical info refers to the basic functions of Showerhead and does not cover all the other possible combinations that can be added*

*Why choose the Showerhead?  
Not just for pleasant moments  
of pure relaxation,  
but also for:*

THE SOFT AND DELICATE WATER JET



THE PLAY OF LIGHTS  
THAT CREATE SPECIFIC SHAPES ON THE  
FLOOR, LIKE THAT OF A STAR



ITS SMALL SIZE AND LOW  
WATER CONSUMPTION





*Never-  
ending  
wellness  
in small  
spaces*

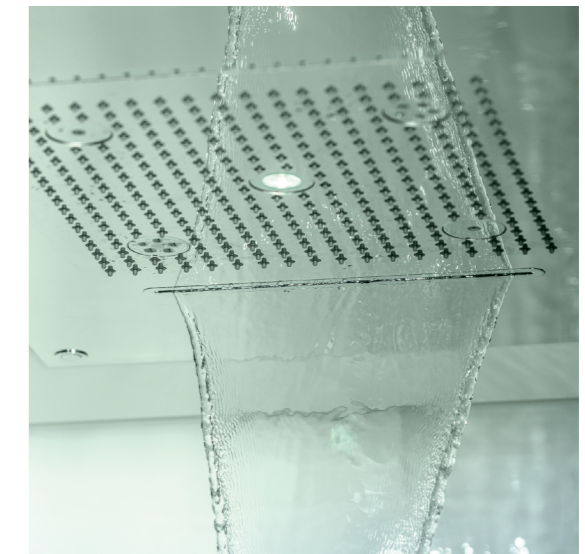
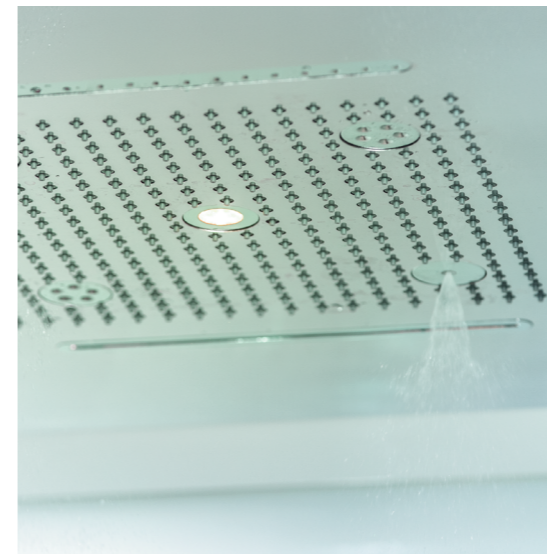
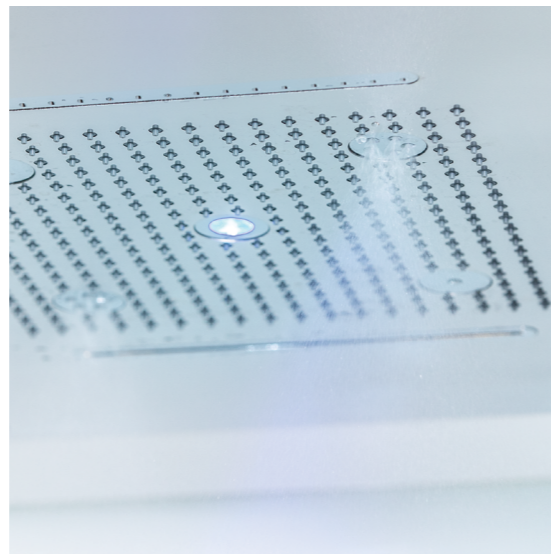
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Some **cold reactions** can be integrated into **Shower One** and into the **Showerhead** for a **complete** and embracing wellness.

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# Cold reactions combined with Shower One

It is possible to combine Shower One with Cold breeze, Cold Rain, Cold Storm and Cold Blade.



**SHOWER ONE  
+ COLD BREEZE**  
LIGHT COLD REACTION



**SHOWER ONE  
+ COLD RAIN**  
MILD COLD REACTION



**SHOWER ONE  
+ COLD STORM  
AND COLD BLADE**  
INTENSE COLD REACTION

## TECHNICAL INFO

Activation	Shower mixer* Cold breeze button The function has a timed activation for 30 seconds	Shower mixer* Cold rain button The function has a timed activation for 30 seconds	Shower mixer* Cold storm and Cold Blade button The function has a timed activation for 30 seconds
Showerhead plate	Ceiling-mounted with two active nozzles for the Cold breeze 60x42 cm  Polished steel or matt black finish	Ceiling-mounted with two active nozzles for the Cold rain 60x42 cm  Polished steel or matt black finish	Ceiling-mounted with two active outlets for the Cold blade and the Cold Storm 60x42 cm  Polished steel or matt black finish
Water consumption	17 lt/min for the shower 8 lt/min for the Cold breeze	17 lt/min for the shower 9,5 lt/min for the Cold rain	17 lt/min for the shower 20 lt/min for the Cold storm 22 lt/min for the Cold Blade
Water temperature	For the Cold breeze, it corresponds to the cold water supply; recommended temperature: 8-15 °C	For the Cold rain it corresponds to the cold water supply; recommended temperature: 8-15 °C	For the Cold storm and the Cold blade, it corresponds to the cold water supply; recommended temperature: 8-15 °C
Lighting	Blue led light for the Cold breeze Fixed white led light for the shower and on standby	Green led light for the Cold rain Fixed white led light for the shower and on standby	Blue led light for the Cold storm Green led light for the Cold Blade Fixed white led light for the shower and on standby
Fragrance	Firmint for the Cold breeze	Ice lime for the Cold rain	Scots pine for the Cold storm
Fragrance consumption	0,70 cc / impulse	0,70 cc / impulse	0,70 cc / impulse
Max energy consumption	300 W	300 W	300 W

\*Not included in the supply

It is possible to combine Shower One with the warm emotional showers too (see below).

# Cold reactions combined with the Showerhead

It is possible to combine the Showerhead with the Cold breeze, the Cold rain and the Cold storm.



**SHOWERHEAD + COLD BREEZE**  
LIGHT COLD REACTION



**SHOWERHEAD + COLD RAIN**  
MILD COLD REACTION



**SHOWERHEAD + COLD STORM**  
MILD COLD REACTION

## TECHNICAL INFO

Activation	Shower mixer* Cold breeze button The function has a timed activation for 30 seconds	Shower mixer* Cold rain button The function has a timed activation for 30 seconds	Shower mixer* Cold storm button The function has a timed activation for 30 seconds
Showerhead	Ceiling-mounted for the shower 17x17 cm	Ceiling-mounted for the shower 17x17 cm	Ceiling-mounted for the shower 17x17 cm
Showerhead plate	Ceiling-mounted for the Cold breeze 17x17 cm  Polished stainless-steel finish	Ceiling-mounted for the Cold rain 17x17 cm  Polished stainless-steel finish	Ceiling-mounted for the Cold storm 17x17 cm  Polished stainless-steel finish
Water consumption	8 lt/min for the shower 2.2 lt/min for the Cold breeze	8 lt/min for the shower 2,7 lt/min for the Cold rain	8 lt/min for the shower 12 lt/min for the Cold storm
Water temperature	For the Cold breeze, it corresponds to the cold water supply; recommended temperature: 8-15 °C	For the Cold rain it corresponds to the cold water supply; recommended temperature: 8-15 °C	For the Cold storm it corresponds to the cold water supply; recommended temperature: 8-15 °C
Lighting	Blue led light for the Cold breeze Fixed white led light for the shower and on standby	Green led light for the Cold rain Fixed white led light for the shower and on standby	Blue led light for the Cold storm Fixed white led light for the shower and on standby
Fragrance	Firmint for the Cold breeze	Ice lime for the Cold rain	Scots pine for the Cold storm
Fragrance consumption	0,70 cc / impulse	0,70 cc / impulse	0,70 cc / impulse
Energy consumption	100 W	100 W	100 W

\*Not included in the supply

It is possible to combine Showerhead with the warm emotional showers too (see below).



# *Kneipp Therapy*

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The beneficial alternation  
between **hot** and **cold water**  
completes the elegance of the  
play of light and colours.

An **exciting sensory  
experience** that engages  
the whole body.

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# *The importance of the alternation between hot and cold temperatures*

**Kneipp Therapy** is recommended to enhance the beneficial effect of a spa experience.

It is based on the concept of hydrotherapy developed in mid- 19th century by the abbot Sebastian Kneipp, the first to grasp the beneficial effects resulting from water temperature.

The alternate exposure to hot and cold water triggers the “blood pump effect”, as defined by Kneipp himself. That is, blood circulation is stimulated from the surface to reach deeper areas, and vice versa. This results in an overall improvement of tissue circulation, organ function and drainage of stagnant fluids. It also favours the balance of the immune system.

## *hot water*

It brings breathing back to normal, relaxes muscles, favours vasodilation and calms the mind.



## *cold water*

It causes fast vasoconstriction of the superficial capillaries and of the deep bloodstream, it tones up the muscles and skin and refreshes the mind.



# Walking Kneipp

A program focused on the lower limbs that combines beneficial effects and sensoriality to the alternation between hot and cold water.

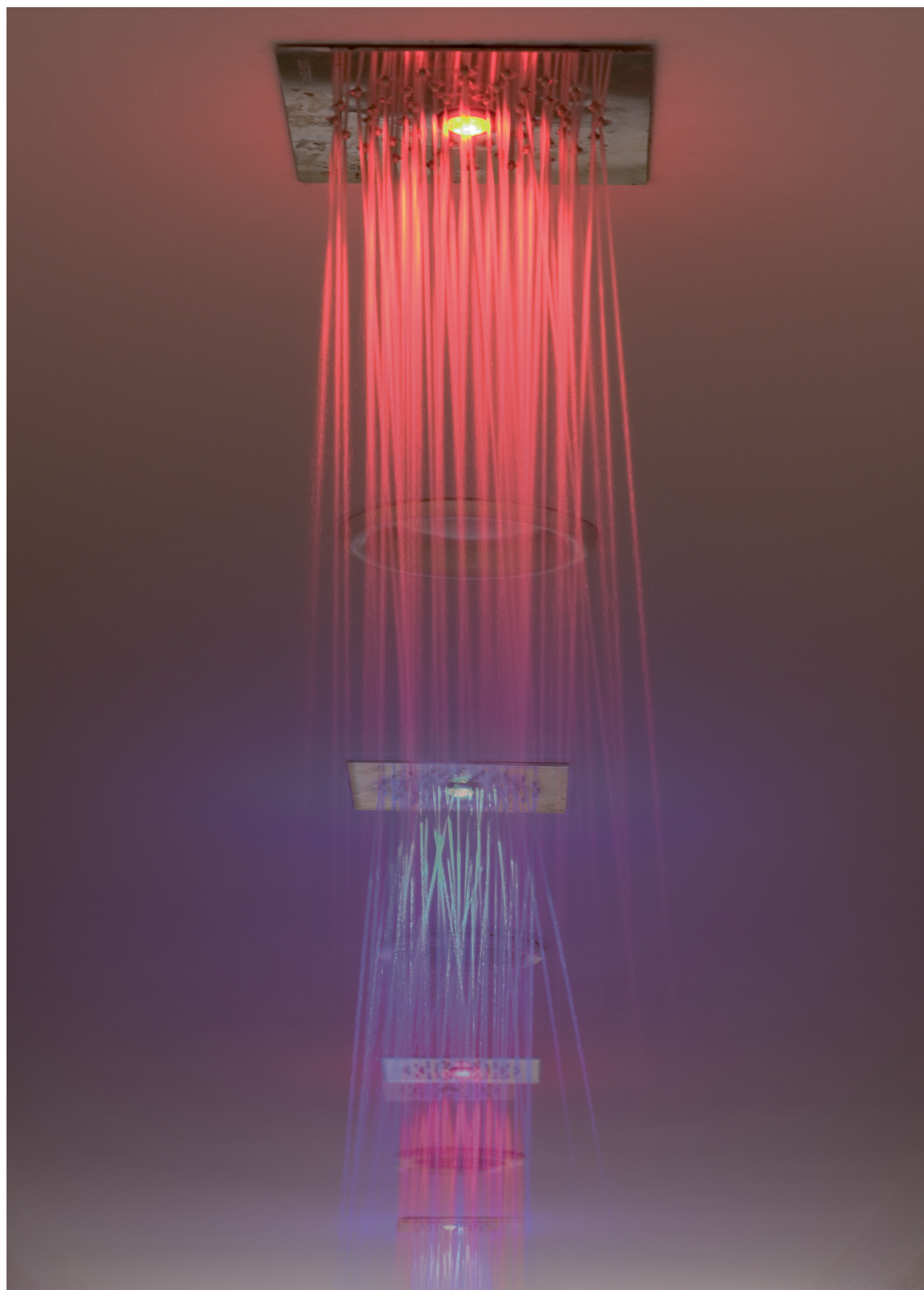
The Walking Kneipp is obtained by stepping alternately in small pools of hot and cold water. The temperature variation on the legs exercises passive vascular gymnastics, which gives a lasting sensation of lightness.

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## TECHNICAL INFO

Activation	Timed and automatic replenishment with overflow system
Structure	Prefabricated and divided in 4 sectors 2 hot pools 2 cold pools  Water level: 25-cm high  The shape can be linear, square or circular
Water consumption	12 lt/h per pool
Water temperature	It corresponds to the cold water supply; recommended temperature: 8-15 °C In the hot pool the water temperature is between 36-39°C
Lighting	Red light for hot pool Blue led light for cold pool
Energy consumption	300 W

*Most suitable solution for each specific spa to be identified.  
It is possible to combine the Walking Kneipp with the Vertical Kneipp in order to maximise the benefits.*



# Vertical Kneipp

A sensory program that combines the alternation between hot and cold water and the emotion aroused by the colours embracing the body and enhancing the effect of water: the colour red evokes heat and the colour blue, freshness.

## TECHNICAL INFO

Activation	Buttons at both extremities It is possible to start either with the hot or with the cold temperatures.  The functioning is timed: 30 seconds hot shower 10 seconds cold shower
Showerhead	No.4, ceiling-mounted Model Showerhead 17x17 cm Model Shower One 60x42 cm  Polished stainless-steel finish Matt black finish (only for Shower One)
Water consumption	8lt/min for each Showerhead 22lt/min for each Shower One
Water temperature	It corresponds to the cold-water supply; recommended temperature: 8-15 °C The hot shower has a temperature between 36-39 °C
Lighting	Red led light for hot shower Blue led light for cold shower
Energy consumption	300 W

*Most suitable solution for each specific spa to be identified.*

*It is possible to combine the Walking Kneipp with the Vertical Kneipp to maximise the benefits.*



# Water Paradise

The extraordinary union of four different showers in an only multi-sensory water experience.

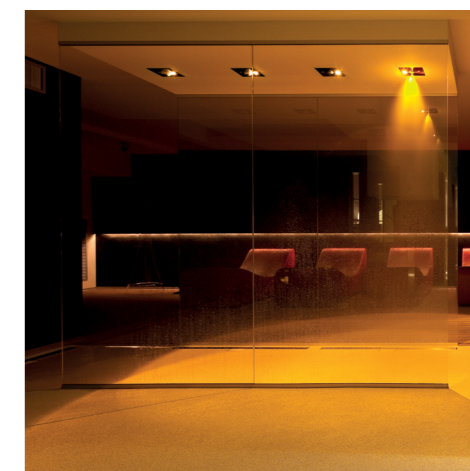
By pressing only once on the activation button, the showerhead jets automatically alternate **temperature, colour, fragrance, and intensity.**

**Cold breeze, Summer storm, Cold rain and Tropical rain** combine for a beneficial, exciting, pleasant, and relaxing effect.

The four showers constitute an **only experience** that can be enjoyed in two ways: by starting from the Tropical shower after a cold reaction, or from the Cold breeze after a heat bath.



WATER PARADISE TECHNICAL INFO



Cold breeze



Summer storm



Cold rain



Tropical rain

Activation	Buttons at both extremities The functioning is timed to 20 seconds	- The functioning is timed to 30 seconds	- The functioning is timed to 10 seconds	Buttons at both extremities The functioning is timed to 30 seconds
Showerhead plate	Ceiling-mounted 17x17 cm Polished stainless-steel finish	Ceiling-mounted 17x17 cm Polished stainless-steel finish	Ceiling-mounted 17x17 cm Polished stainless-steel finish	Ceiling-mounted 17x17 cm Polished stainless-steel finish
Water consumption	2,2 lt/min	12 lt/min	2,7 lt/min	2,7 lt/min
Water temperature	It corresponds to the cold water supply; recommended temperature: 8-15 °C	36-39 °C	It corresponds to the cold water supply; recommended temperature: 8-15 °C	36-39 °C
Lighting	Blue led light Fixed white led light on standby	Red led light Fixed white led light on standby	Green led light Fixed white led light on standby	Amber led light Fixed white led light on standby
Fragrance	Firmint			Passion Fruit
Fragrance consumption	0,34 cc / impulse			0,70 cc / impulse
Energy consumption	300 W			



# *Exclusive emotions*

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Emotional showers are actual **sensory experiences** that combine elegance and emotion.

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*They are not to be intended as part of a specific wellness program according to the formula of heat, water and rest, but they are ideal to create*

*a **pleasant atmosphere** and favour **moments of deep relaxation** thanks to the **warm water**, the play of colours and the **scented fragrances**.*



# Warm breeze



A **spray-like water jet** with fine droplets envelops the body in a warm and relaxing embrace. The **colour red** and the **orange fragrance** turn this moment into a complete awakening of the senses.

## TECHNICAL INFO

Activation	Button The function has a timed activation for 30 seconds
Showerhead plate	Ceiling-mounted 17x17 cm Polished stainless-steel finish
Water consumption	2,2 lt/min
Water temperature	36-39 °C
Lighting	Red led light for the Warm breeze and fixed white led light on standby
Fragrance	Orange
Fragrance consumption	0,70 cc / impulse
Energy consumption	100 W



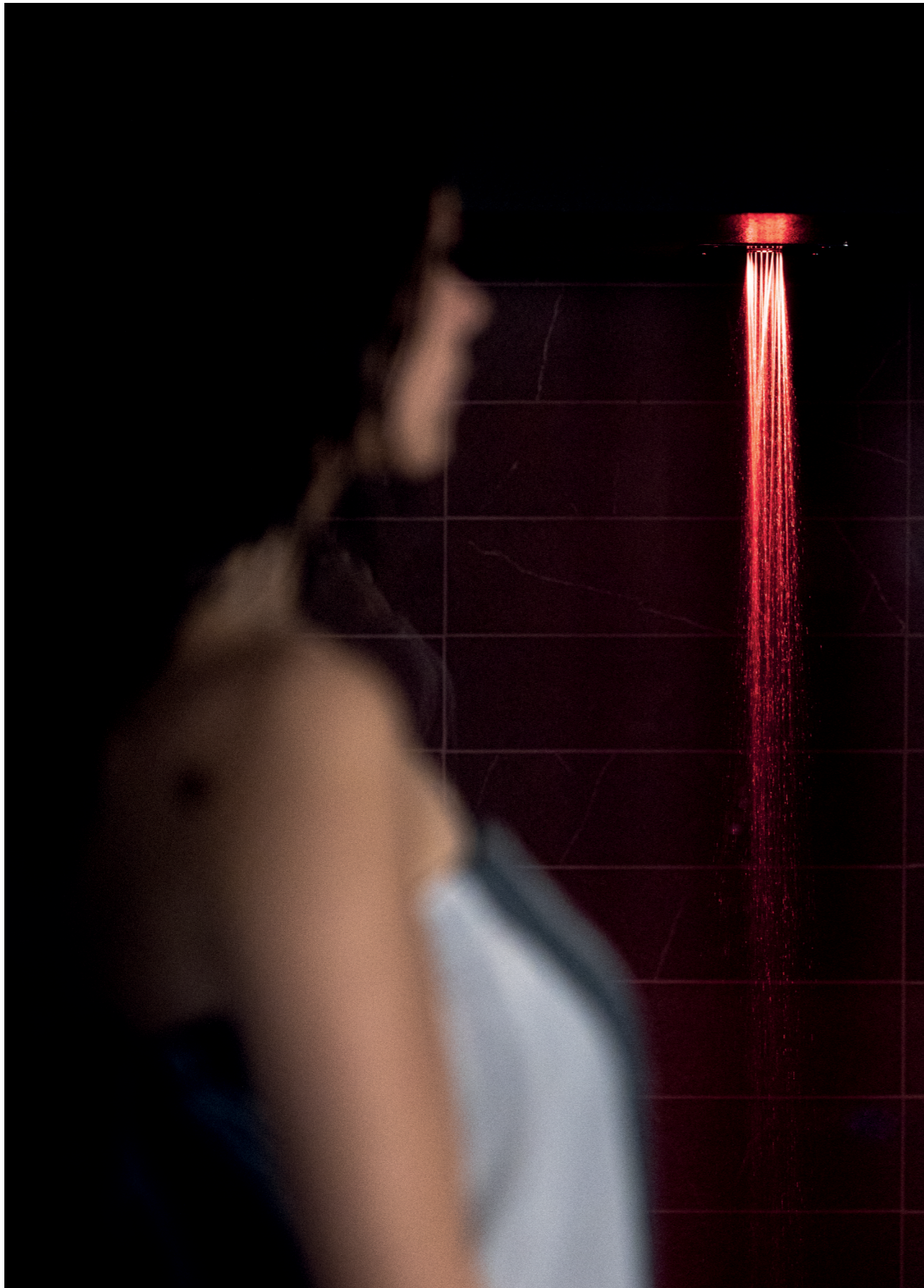
# Tropical rain



Gentle droplets of water scented with **passion fruit essence** caress the body. The soft **amber light** rouses energies, evoking the warm atmosphere of a tropical forest. The effect is relaxing and soothing.

## TECHNICAL INFO

Activation	Button The function has a timed activation for 30 seconds
Showerhead plate	Ceiling-mounted 17x17 cm Polished stainless-steel finish
Water consumption	2,7 lt/min
Water temperature	36-39 °C
Lighting	Amber led light for the Tropical rain and fixed white led light on standby
Fragrance	Passion fruit
Fragrance consumption	0,70 cc / impulse
Energy consumption	100 W



# Summer storm



The roar of water of the Summer storm, the **Passion flowers fragrance** and the **colour red** offer a unique multi-sensory experience. It has a regenerating effect.

## TECHNICAL INFO

Activation	<b>Button</b> The function has a timed activation for 30 seconds
Showerhead plate	<b>Ceiling-mounted</b> 17x17 cm  <b>Polished stainless-steel finish</b>
Water consumption	<b>12 lt/min</b>
Water temperature	<b>36-39 °C</b>
Lighting	<b>Red led light for the Summer storm</b> and fixed white led light on standby
Fragrance	<b>Passion flowers</b>
Fragrance consumption	<b>0,70 cc / impulse</b>
Energy consumption	<b>100 W</b>

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All technical data reported here are an estimate of the consumption, calculated on the default settings defined by Starpool.



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