



Focus

With smart technology, manufacturers are turning ordinary bathroom into a high-end spa. Washrooms and Beyond finds out how manufacturers of bath products are enhancing the shower experience and promoting health consciousness by including various message techniques in the form of aquapressure, writes Remona Divekar

Photo Courtesy: Dornbracht

The concept of aquapressure epitomises the holistic approach to washroom planning and furnishing in the sense of a healthy and illness-preventive lifestyle – as much in the private bathroom or home spa as in an exclusive hotel and wellness environments. The focus is on integrating health-enhancing water applications in the bathroom that has the flexibility to adapt to individual needs. The health megatrend is one of the most formative developments of recent times and will become even more relevant in the future. The general pursuit of health increasingly transformed into an extensive search for strength and energy – a search that permeates all areas of life, and has long since gone beyond the concepts of a healthy diet and exercise, as demonstrated by the increasing demand for self-optimisation apps and accessories.

What really is aquapressure?

Aquapressure technically is explained as a form of touch therapy that utilises the principles of acupuncture and Chinese medicine. In aquapressure, the same points on the body are used in acupuncture, but are stimulated with finger pressure instead of the insertion of needles. Acupressure in washrooms is inspired by the tried and tested method of acupressure in Traditional Chinese Medicine (TCM) specifically for easing blockages and imbalance.

However, there are some who put it as: Aquapressure systems are based on the change of intensity of the water jets systems to provide an intermittent water flow with different spouts and water pressure, working simultaneously or alternatively. However, the range of hydrotherapy is much more versatile than it could be thought of as it provides many opportunities to boost health in the bathroom both proactively and preventively.

How does it work?

The new massage jets can be used to stimulate specific pressure points and meridians. "Aquapressure



Photo Courtesy: Graff

Exemplifying product functionality

Another system called as Aquapressure: Vertical Shower ATT with Water Curve and Water Fan where vertical shower combines special outlet points with different flow modes, sometimes gently surrounding the body in heavy water drops, sometimes massaging it with powerful streams. The different forms of presentation and pre-programmed signature treatments of Vertical Shower make it ideal for many health enhancing and preventive applications – from an invigorating contrast shower to a relaxing water massage.

The WaterFan and WaterCurve massage jets are a new addition, and extend the range of health enhancing applications in the bathroom. They have a new, fan-like flow mode which provides a targeted massage in the neck area (WaterCurve), thoracic vertebrae (vertical WaterFan) or lumbar vertebrae (horizontal WaterFan) area, and helps to alleviate and prevent tension. The height of the massage jets can be adjusted, giving them the flexibility to adapt to any user's height.

The intensity of the stimulus is crucial to achieving the required reaction says Emanuela Tavolini, Director of Sales Europe, Middle East and Asia, Graff. "Water can

be efficiently integrated into health-enhancing water

“ Along with the intensity of the pressure, there are other aspects that are important for the effectiveness of aqua pressure, such as the duration and location of the stimulation (e.g. neck or spine) and water temperature. ”

applications in the washrooms as it has always been recognised as an



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Emanuela Tavolini
Director of Sales Europe,
Middle East and Asia, GRAFF

ideal environment for the body relaxation and wellbeing. Much more delicate and uniform than a manual massage, the aqua pressure systems offer massage function that is beneficial to the whole blood circulatory system, as well as the muscles and skin tone.”

Depending on the intensity of the pressure exerted, this has a calming effect (firm pressure), an activating effect (lower pressure), or a balancing effect (alternating pressure). Along with the intensity of the pressure, there are other aspects that are important for the effectiveness of aqua pressure, such as the duration and location of the stimulation (e.g. neck or spine) and the temperature of the water, which are coordinated to each intended purpose.

Role of education and technology
Technology in the brands for aqua



Photo Courtesy: GRAFF

space — great for a small shower.

Beyond lighting effects

The luxury of a massaging spa bath has never been more inviting with the latest spa baths, complete with relaxing lighting options that helps to set the mood. Incorporating lighting and spa facilities into the bath means one can enjoy the gentle rejuvenating effects of water jet massage as well as controlling the lighting of the bathroom without having to leave the water.

Jet baths, spa baths, and whirlpool baths form the centrepiece of the bathroom design, transforming any bathroom, or wet room into the perfect retreat of the home spa. There are plenty of options, products, and designs to choose from when looking for spa baths and bathroom lighting, with something to suit every requirement, no matter the size of the room. For developers, adding a spa bathroom into a new building or refurbishment adds significant

value to a property, an element of exclusivity and luxury to the development. Shower lights provide

“ As per Stumpe, intensity of pressure, location, duration and temperature are the basic parameters of TCM that we can use to influence our life-force energy. The special thing about aquapressure is that all these parameters can be represented simultaneously. ”

a strong down lighting component (much like task lighting in kitchen), while hidden LED strips are used to

provide a soft indirect floating effect. Dimmable lighting adds to the spa feel of the washroom also chromotherapy in mood-enhancing lighting.

The '80s spent soaking in the mammoth Jacuzzi tubs, but over the times concept of bathtubs changed. Designers see a strong trend towards a new version of the bathtubs replacing them with stand-alone soaking styles equipped with an air bath, the modern take on massaging jets where air channels deliver a steady stream of warm massaging bubbles like hot springs, different tub materials with different shapes and materials.

Aqua pressure systems are ideal for everyday use because they offer the opportunity to enjoy a moment of relaxation while accomplishing the daily washing operations. In a world where saving time has become the major preoccupation for people of every age, having the possibility of treating oneself to a short daily spa experience can be considered a real luxury!