

# FLUIDRA

## CREATING A WELLNESS OASIS

A complete guide  
to water zones

CREATING  
A WELLNESS  
OASIS:  
A COMPLETE  
GUIDE TO  
WATER ZONES

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## 01

## INTRODUCTION

**The industry of fitness and wellness clubs is growing exponentially.** According to research by [Statista](#), Europe alone counts close to 60 million fitness club members. Moreover, the sector was expected to reach a compound annual growth rate (CAGR) of over 7% in the 2020-2024 period, with a market value of c. \$96 billion by the end of that time bracket.

This is due to the fact that, overall, **more people are investing in their health and wellbeing.** It can be linked to improving fitness, but also to lowering stress levels, boosting feelings of well-being, or simply finding a balance between work and “life” while feeling good about themselves. Consumers are more discerning and looking for ever **more sophisticated and high-spec wellness and fitness installations** and activities. One key common denominator is approaching health and wellbeing holistically, as part of integrated “journeys” and in an experiential fashion.

This opens a wealth of opportunities for spas and sport clubs to provide *wellness oases* - integrated, **holistic wellness experiences** in centres offering mind and body relaxation and health benefits. Water features and installations become a huge part of these ventures.

In this e-book, we will cover:

- Hydrotherapy benefits and its place in wellness centres;
- How to design wellness oases with water zones;
- What elements to include in an ideal wellness journey;
- Maintenance advice;
- Sustainability tips.

## 02

WELLNESS &  
HYDROTHERAPY

Hydrotherapy is defined as exercising in a pool to relax and treat various conditions. However, the term has been extended to include wellness and relaxation activities such as using hydromassage, temperature variations, and emotional experiences (including chromotherapy, sound therapy, etc.).

Using hydrotherapy pools and temperature variations in wellness centres will satisfy a wide range of interests and individual needs. Here are some key considerations and examples.

## 2.1 Benefits of hydrotherapy

Blending underwater massage with whirlpools, overhead waterfalls, water jets, and varied temperatures and sensorial experiences create a holistic hydrotherapy experience. Its benefits include:

- **Relief for aching muscles and joint pain.** Hydrotherapy is a great choice for recovery processes after workout and sport sessions, providing the perfect ending by relieving stress and muscular tension.
- Jets help **stimulate the lymphatic system** and assist in flushing out toxins.
- They provide **help with circulatory issues**.
- **Chronic pain** patients can also benefit from hydrotherapy sessions.
- It can provide relief for **headaches**.
- It's often associated with improvements in mental health conditions such as **stress and anxiety**.
- Guided hydrotherapy sessions are prescribed by both doctors and physiotherapists to improve **mobility, function and strength recoveries**. More specifically, they can help in rehabilitation processes.

## 2.2 Using temperature for wellness treatments

The combination of hydrotherapy pools with various temperatures creates pleasant thermal spas. These have become increasingly popular, moving from a health-oriented space to more accessible, holistic wellbeing spaces.

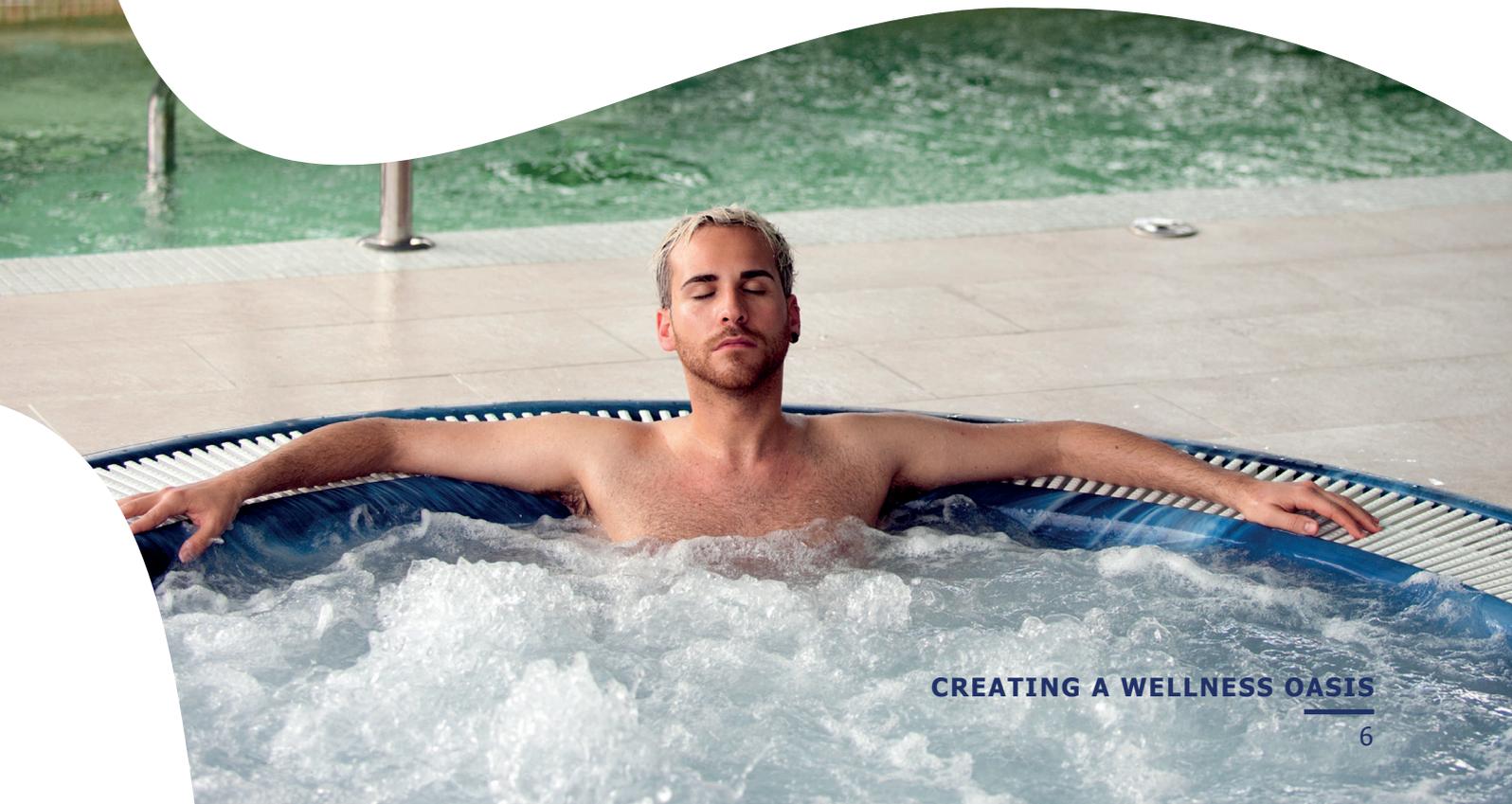
In addition to **saunas** (the first element of a wellness centre linked to temperature-induced relaxation), there are water zones and features that can incorporate temperature variations in a wellness centre. These include:

- **Vitality pools** - combining elements like waterfalls and cervical massage with air effects, like hydromassage beds. Vitality pools offer pleasant, warm temperatures between 34-36° and present a comfortable depth of around 1,20 metres. When their diverse water and air elements are integrated, they present an incredible opportunity for relaxation and recovery.
- **Steam baths** - include abundant steam and humidity inside. In this case, temperatures are typically around 40-45° C, although ambient humidity can rise up to 100%.
- **Contrasting temperature baths** - alternating hot and cold water baths, following pre-established protocols. In such a way, it's possible to improve blood circulation, stimulate the autonomous nervous system and minimise potential inflammations. Hot baths are typically at a temperature of 34° C, while cold baths' temperatures can be around 11° C. This contrast cleans skin pores and helps relaxing muscles.
- **Hot tubs** and whirlpools are based around water movement and are usually shallower than standard swimming pools. In order to make the most of the healing properties of water, these installations use pumps and jets to make hot water circulate.

There are multiple benefits for thermal baths and spas, from recreational (such as disconnecting from the outside world, enjoying family fun, or simply environmental interaction), to health impacts. The latter include:

- **Dermatological benefits.** Water at these spaces is rich in diverse minerals, including chloride, fluoride, magnesium or calcium. These minerals provide specific benefits for atopic skin, those with psoriasis or eczema, among other types of dermatitis.
- **Anti-aging effects.** Thermal waters help eliminate a variety of toxins present in organisms, which contribute to a rejuvenating effect.
- **Cardiovascular benefits.** High temperatures in water present in recreational thermal spas help increase hydrostatic pressure and blood circulation and, as a result, also increase tissue oxygenation.
- **Digestive benefits.** Tissue oxygenation reduces gastrointestinal inconveniences, as a higher oxygenation also means these are better nourished. Thus, metabolisms are reactivated, which in turn facilitates a better digestive and liver functioning.

**"Thermal waters help to eliminate various toxins present in the body, which contributes to a rejuvenating effect"**



## 03

## DESIGNING A WELLNESS OASIS WITH WATER FEATURES

For optimal design, wellness centre managers need to consider the types of pools, materials, and add-ons that will complete the feeling of an “oasis” for end users. Here are some of the many variations possible.

### 3.1 Choosing pool types to enhance your wellness center

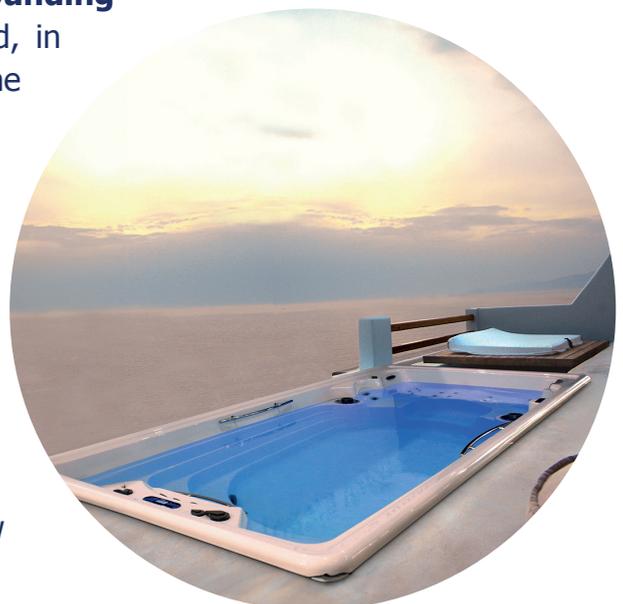
To conceive a water area for your wellness centre there are a multitude of options and solutions that use hydrotherapy to offer a relaxing and wellness experience to its users. Hydrotherapy pools or vitality pools are a key central space, but there are many more options. You can opt for whirlpools or whirlpool spas, whether above or below ground, outdoors or indoors. Cold pools or ice baths can also be integrated for contrast therapies, as well as more playful wellness areas for children.

#### Inground hot tubs and swim spas

Spa pools must be designed to blend into the environment seamlessly. Inground swim spas provide an added element of relaxation and “nature bathing” by being partially or fully **recessed into the ground**, becoming indistinguishable from the rest of an oasis environment.

Spas installed into the ground provide a more integrated appeal to large wellness spaces with many treatment areas or water zones. In outdoor environments, it obtains a more **ergonomic appeal with the surrounding landscape and architecture**. On the other hand, in private areas such as suites in hotels or resorts, the above-ground spa tends to be the preferable option, but nowadays it is increasingly common to find in-ground installations there, too. They add value to the space, and they last for a long time.

Moreover, unlike “regular” spas or hot tubs, in-ground swim spas offer the best of both worlds—a spa and pool—all in one. They are a great way to relax, but thanks to the larger rectangular size, they can also be used for counter-current swimming through a special water jet system. Follow [this guide](#) for some relevant tips.

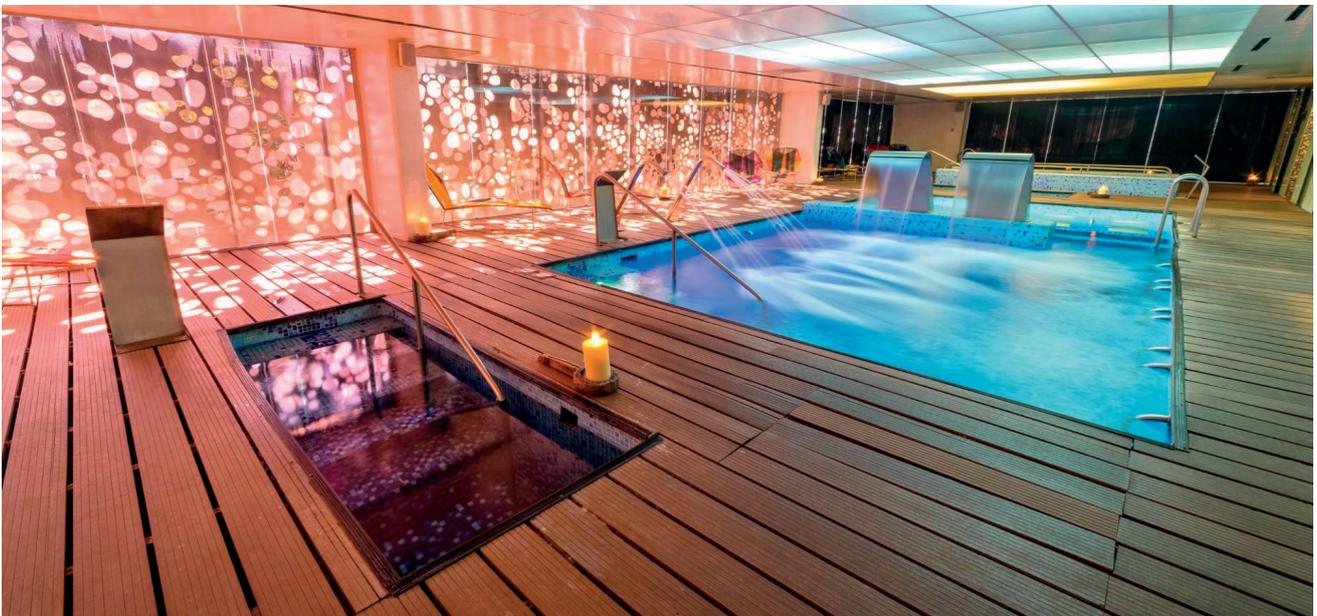


## Hydrotherapy pools

There are various elements that differentiate hydrotherapy pools from other types of aquatic facilities: they are usually kept at a temperature of around 33°C to 36°C (warmer than a regular indoor swimming pool); additionally, they present built-in massaging jets and other water features to boost wellness and relaxation.

It's important to comprehend '**hydrotherapy**' as a holistic concept and treatment which is often recommended by doctors and other health professionals to provide aid for a range of conditions. In such a context, hydrotherapy refers to a series of activities and exercises undertaken in specially-designed pools that harness the **therapeutic and healing properties of water** to provide relief and health from an all-around perspective.

Depending on the type of hydrotherapy you're looking to provide, you can include your pools indoors or outdoors. They can be inground or above ground, giving you complete versatility and a range of style options.



### Material choice: Stainless steel

**Swimming and hydrotherapy pools** made from stainless steel are found in a multitude of environments thanks to their elegant looks and versatile nature. Stainless steel **adds a unique, attractive appeal to hotels, spas and sport clubs**. It also has great **hygienic** qualities and is **resistant to corrosion**, which makes it an attractive material for high-volume use and for making the space look stylish with simple maintenance requirements.

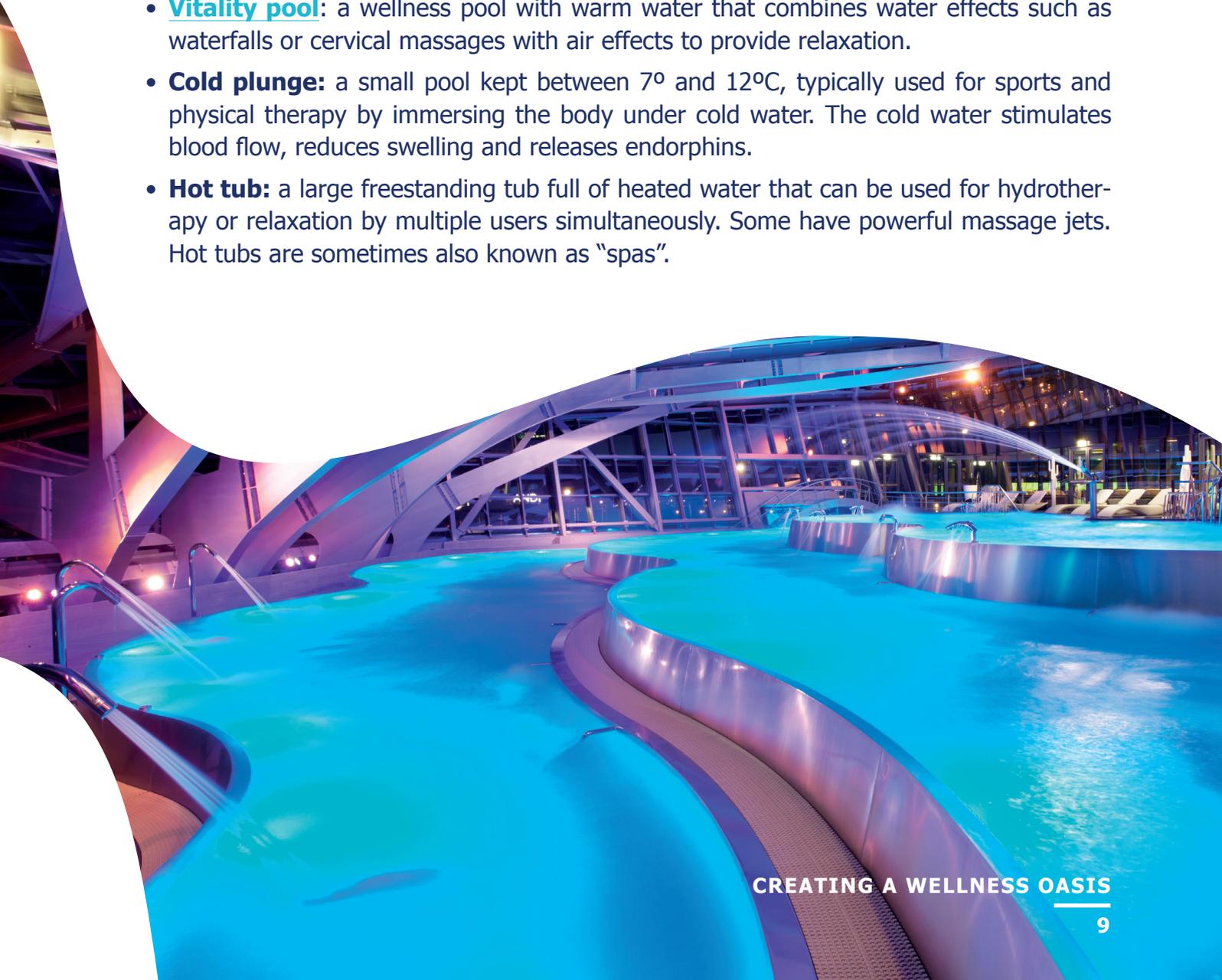
In spas and wellness centres, this **lightweight** material also provides excellent **ergonomics**, great appearance and incredible functionality. Additionally, hydromassage beds, jets, and overhead installations such as waterfalls made from stainless steel are good value, stylish, and very functional.

Finally, stainless steel is known as a clean material, ideal for therapeutic aquatic spaces and for spaces with high numbers of users.



Stainless steel pools are a plug & play prefabricated solution, so their ease of installation make them ideal for building numerous wellness facilities quickly:

- **Lap pool:** a standard-type pool with bespoke dimensions. Usually found in sports clubs, lap pools are long and narrow, designed primarily for swimming laps.
- **Vitality pool:** a wellness pool with warm water that combines water effects such as waterfalls or cervical massages with air effects to provide relaxation.
- **Cold plunge:** a small pool kept between 7° and 12°C, typically used for sports and physical therapy by immersing the body under cold water. The cold water stimulates blood flow, reduces swelling and releases endorphins.
- **Hot tub:** a large freestanding tub full of heated water that can be used for hydrotherapy or relaxation by multiple users simultaneously. Some have powerful massage jets. Hot tubs are sometimes also known as “spas”.



**Material choice: Acrylic**

Acrylic can be a great option for a stylish finish and versatile usability for hot tubs. It works for in-ground pools, as well as partially submerged or above-ground. It is also used extensively in treatment installations, such as chromotherapy, thanks to the visibility of the pool or bathtub walls.

**Material choice: Tiling**

For hot tubs, glass mosaic tiles can also be a great option. They are ideal for designs on curved surfaces, so you can fit more installations in small spaces. Moreover, they are easy to clean and non-slip.

## 3.2 Water Features to Delight Users

In addition to the basic pools for swimming or hydrotherapy, a holistic wellness oasis should include elements that have risen in popularity and provide a total sensorial experience. These include the more traditional hot tubs, as well as hydromassage beds and jets, overhead waterfalls, and emotional showers.

### Hot tubs

Hot tubs fit perfectly in wellness centres, regardless of space and outdoor or indoor facilities. They add the unique value-added service of hydrotherapy. Each jet in a spa is designed to massage specific parts of the body and provide a therapeutic effect.

Hot tubs offer a relatively **quick return on investment**, estimated by **optimised construction times**, among others. On-site work is minimised with this **lightweight** solution with multiple **prefabricated models in stainless steel and acrylic** as an option. Hydro-massage spas (whether they are made of stainless steel, acrylic, EPS or masonry) are easy to clean and maintain, as the components can be recycled, are non-contaminating and are manufactured using processes with a **low environmental impact**. In addition, it's a stylish ergonomic material that perfectly blends with the environment design.

While hot tubs are versatile and stylish, you will need to follow maintenance guidelines closely, especially for ensuring optimal temperatures and water cleanliness. You can read these in detail [here](#).



## Hydromassage beds

Stainless steel hydromassage beds introduce a touch of modernity to spa and sports club wellness pools. Their contemporary design not only complements architectural aesthetics but also enhances the overall visual appeal of the pool area.

The seamless integration of stainless steel hydromassage beds contributes to a harmonious and visually pleasing atmosphere. Its versatility also allows for customisation, enabling users to tailor the appearance of these beds to match personal preferences and styles. These features are **commonly found in both new and renovated vitality pools equipped with hydrotherapy elements.**

Hydromassage beds provide holistic benefits tailored to individual needs. **They enhance comfort and offer precise, targeted massages.** By focusing on distinct muscle groups, they promote relaxation and muscle recovery.

Different options include:

- **Bubble Snake:** An elongated air bubble generator placed on the pool floor, resembling a polished stainless steel snake, creating a massage effect through holes along its length.
- **Hydromassage Bench:** Elevated with an air bubble generator, this bench caters to feet and buttocks, providing a relaxing experience with stainless steel construction.
- **Hydromassage Lounger:** Using an air injection system through the base, this lounger delivers a muscle-relaxing massage for users seeking ultimate relaxation.
- **Hydromassage Bed:** Suitable for individual or collective use, these beds, made of stainless steel, feature multiple air micro-outlets for a relaxing massage in the back, lumbar, and leg regions. Some designs incorporate stainless steel tubes, offering flexibility by linking beds in parallel for variable widths.



## Emotional showers

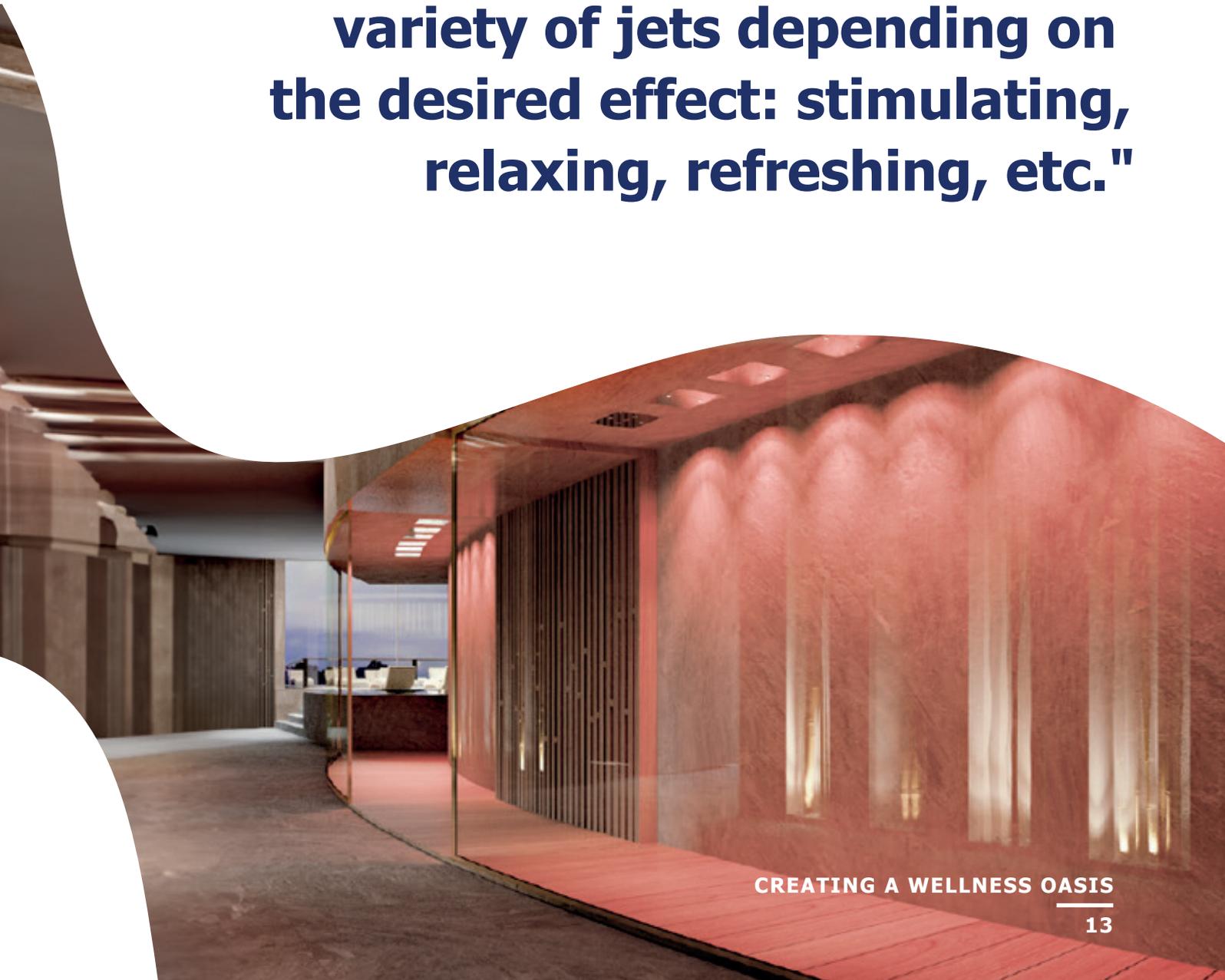
An emotional shower, also known as an **experience or sensorial shower**, features minimal designs, soothing colours, and often **nature-inspired jet configurations**.

However, experience showers can go far beyond the rainfall effects that are already so popular. They can also feature a wide variety of jets depending on the desired effect: stimulating, relaxing, refreshing, etc. Some models include sound and aroma both in water and air, plus an additional external thermostat, reverse circuit and sequence control to have an accurate control over the environment.

Another interesting new trend is the so-called **emotional tunnel** where spa users move through **a set of multiple showers with different pressures and patterns**. This novel feature creates a sense of luxury and calm.

In terms of benefits to end users, hydrotherapy jets within emotional showers stimulate the metabolism, nervous system, and blood flow in different parts of the body.

**"... can incorporate a wide variety of jets depending on the desired effect: stimulating, relaxing, refreshing, etc."**

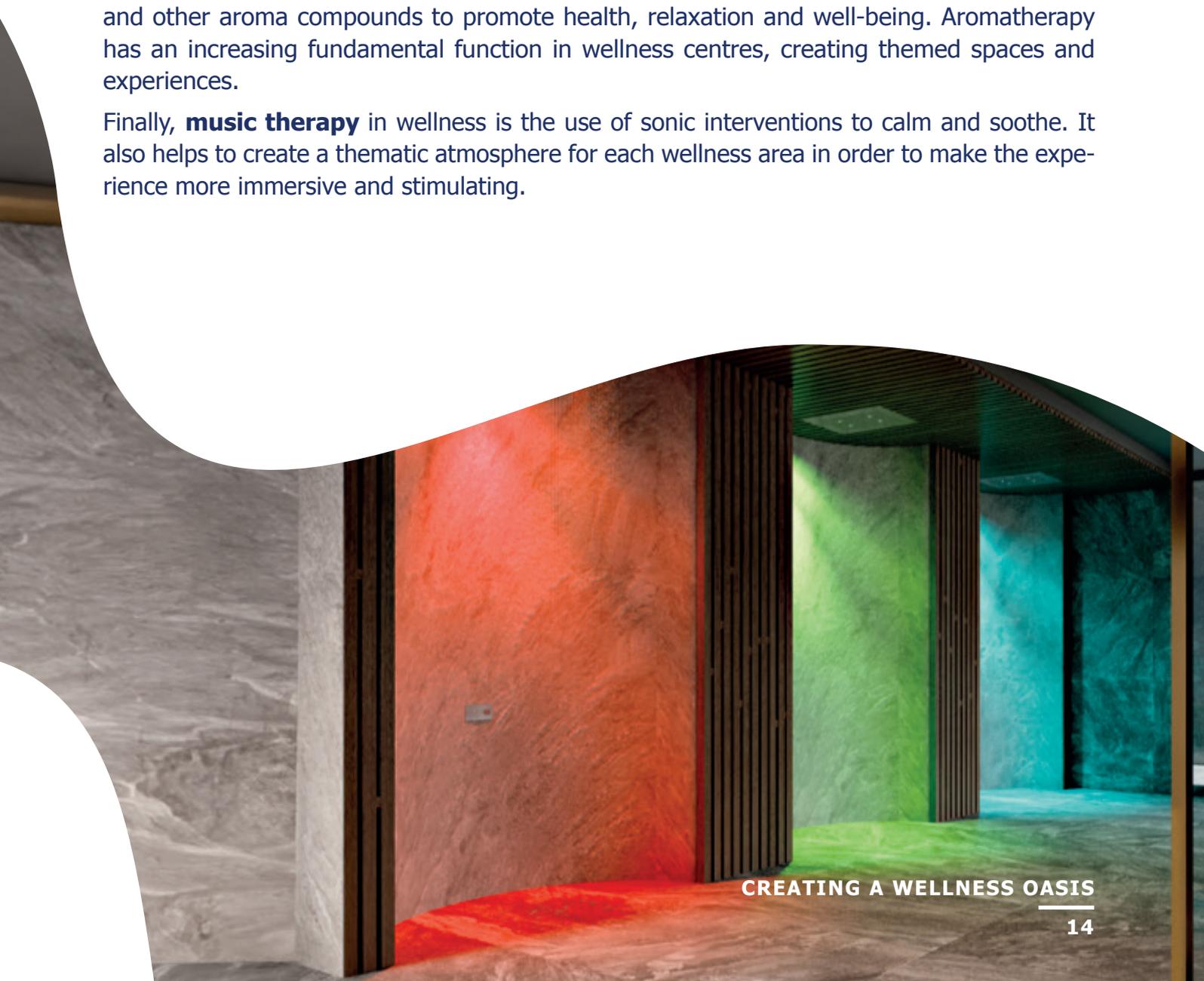


The **chromotherapy** then forms part of alternative medicine practices that suggest that colour exerts a physical, psychological, and emotional influence on people. This reconfigures vital energy and promotes self-healing as follows:

- **Red:** Stimulates the liver and improves blood circulation.
- **Orange:** Stimulates the respiratory system and improves calcium fixation.
- **Green:** Rests and fortifies the sight. Like the colour red, it improves blood circulation.
- **Pink:** Stimulates the kidneys. Controls depression.
- **Purple:** Used for treatment against contractures, sciatica and improvement of mood. Reduces anxiety and fear.
- **Blue:** Helps alleviate asthma. It's antiseptic and astringent, and promotes tranquillity.
- **Yellow:** Aids the digestive system and muscle tone. Stimulates the intellect.
- **Turquoise:** Helps maintain calm, relaxation and good mood.

Another feature used by emotional or sensory showers is **aromatherapy**, which can be diffused through the water or the air. Aromatherapy is based on the usage of essential oils and other aroma compounds to promote health, relaxation and well-being. Aromatherapy has an increasing fundamental function in wellness centres, creating themed spaces and experiences.

Finally, **music therapy** in wellness is the use of sonic interventions to calm and soothe. It also helps to create a thematic atmosphere for each wellness area in order to make the experience more immersive and stimulating.



## Waterfalls

Waterfalls for swimming pools serve a dual function: they help decorate a space while also providing an element of relaxation. They deliver a touch of elegance in open spaces, while also providing an interactive feature or a relaxing massage solution.

Here are some designs you can choose from in your wellness oasis:



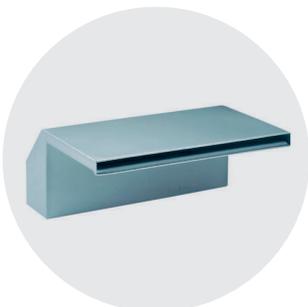
**Classic:** made from stainless steel, it has a metallic surface in line with current trends. Thanks to the combination of satin and polished steel, it also adapts perfectly to rustic environments.



**Straight:** clean, straight lines is a solution that adapts perfectly to both rustic and modern environments. In addition, it features a combination of metallic surfaces with a blend of satin and polished finishes, making it particularly dynamic and versatile.



**One:** combines straight lines and curves in the same waterfall for swimming pools, adapting perfectly to all environments. It has satin-finished and polished surfaces and is made of AISI-316 stainless steel.



**Decorative:** small size waterfall helps to create a relaxed and pleasant atmosphere, perfect for spaces that seek to deliver a sense of comfort and rest. Its sound adds value to any pool.



**Silkflow:** made of ABS, a corrosion resistant material. It can be fed through the pool's own filtration return circuit, as well as with a specific pump. It can also be installed at different heights.



**Pluvium:** perfect for creating a water curtain with a powerful flow. It is also crafted in AISI 316 stainless steel, satin-finished and combined with IPE wood for a sense of warmth and comfort. Its design in straight lines and its materials means it can perfectly adapt to any type of pool.



**Cobra:** a water curtain that stands out for its streamlined arm. It has a height of 1.2 m and a width of 600 mm. It is manufactured in AISI-316 stainless steel. A perfect solution to bring elegance and sophistication to any space.



**Boa:** an elegant and stylish pool waterfall solution. It has a height of 1.2 m and a width of 340 mm. It is made of AISI-316 stainless steel.



**Luxe:** simple model, this waterfall is a good fit for any type of pool. It also has a polished finish that is both classic and elegant at the same time. It has a height of 0.9 m and is made of AISI-316 stainless steel.



**Arco:** a water curtain that provides an enveloping cascade that serves to create a more intimate, isolated space from the rest of the facilities, perfect for any pool. It comes in two available widths: 600 or 1,000 mm. It is crafted in AISI-316 stainless steel.



**Swan:** a solution with a wide range of options for swimming pools. It also comes in various shapes and sizes, which makes it easy to adapt to any pool. It is designed to be installed in concrete and liner pools. It is manufactured in AISI-316 stainless steel and has different finishes (satin or painted) that work perfectly in any space.

### 3.3 Other spaces to complete your wellness oasis

#### Cold plunge pools

An increasingly must-have element in wellness centres, cold plunge pools “jump start” the cardiovascular system while flooding the user with endorphins. Ideally, the cold plunge pool **temperature is kept at around 7 to 12 °C**. This is enough to stimulate the body without becoming a danger to health for regular users. By adding ice we can also create a colder version called **ice bath**. In both cases, the end goal is to **experience a contrast** with a different treatment, usually a [sauna](#) or [steam bath](#).

Plunge pools need to be around 1 metre deep and don't require a lot of space. It's unlikely that there will be lots of people in one at the same time, and every user will spend a short amount of time when they immerse themselves.

From an aesthetic point of view, the versatility of cold plunge pools can be a great advantage. Minimalist and sleek, they can be installed in-ground or above-ground. Single-piece structures made from [stainless steel](#) fit perfectly with modern decor, especially as sharp-edged squares. However you can also install a rounded, **wood-edged** plunge pool into more rustic environments. Finally, you might opt for a **concrete plunge pool** that also blends in well with most spaces.

To add cold plunge pools to your wellness oasis, consider how they will fit into the overall wellbeing journey. In cold plunge pools, users submerge themselves completely, usually after a hot session (in a sauna or steam bath) or after an intense, hot workout. Some facilities also provide **a hot plunge for contrast, at approx. 38 °C**, allowing users to alternate between the two water temperatures.



## Child-friendly water zones

While most of the water features mentioned thus far will be popular with adults only, it's useful to carve out space for **child-friendly aquatic activities**, too. This helps parents relax and spend more time in a wellness centre, thereby increasing the profitability of your installation. However, child-friendly water zones need to be adapted to what the young ones will be interested in doing, and will have a stronger focus on fun, rather than wellness.

Here are some ideas for child-friendly water features and installations:

- **Small thermal lagoon** – a shallow pool with thermal water featuring water beds, puddle games, water currents and a water cannon
- **Hot tubs** – a small hydromassage pool can be great fun and also relaxing
- **Soft beach** – as part of a child friendly spa, a sensory and games area with shapes to stretch or sit on will provide entertainment
- **Salon / treatment centre** – kids can also benefit from some great treatments designed for them, including manicures and pedicures and yoghurt face masks.
- **Fitness area/gym** – children can take part in groups classes such as yoga, and lots of fun games to keep them fit and active.
- **Children's sauna** – while not your typical sauna, a relaxation zone with wooden benches in a warm room can be added to your children's spa and kids.



Designing children's pools and wellness water zones needs to take into account a few elements, mainly related to safety:

- **Geometry:** You can opt for a small rectangular pool to swim in, or go for round designs which make it more conducive to playing around in. In any case, children's pools don't need to stick to a specific geometry.
- **Temperature:** Aim to keep the [water temperature](#) between 32° and 34°C. Children are more active and move around more in a pool, even if it's just a relaxation space.
- **Depth:** of the recommended depth range for children's pools is 0.3 to 0.6 m, based on the expected height of children from 3 to 12 years old.
- **Water treatment and recirculation:** Aim to recirculate the water often, ideally every 20-30 minutes. To prevent any infections and diseases, we recommend using the Neolysis system, combining salt chlorination with UV radiation for disinfection.
- **Finish:** Ceramic or vitreous tiling work best.

**"Children's aquatic areas should be designed with entertainment and safety in mind"**



## 04

MAINTENANCE AND  
SUSTAINABILITY

To ensure the profitability and long life of your wellness oasis, maintenance and sustainability are essential things to pay attention to. Maintaining the pools and water zones appropriately not only reduces the risk of infections and health issues, it also increases the energy savings from your pools and their usable lifespan.

Sustainability, on the other hand, is important both to ensure energy efficiency and to provide a positive image for your establishment (which will increase the return on investment with the public). Efficient and sustainable technologies lead to **water reuse and reduced consumption of water, chemicals and energy**.

The maintenance of the aquatic areas in a wellness centre involves **monitoring and controlling water quality, filtration and recirculation, disinfection, cleaning** of walls and floors, **maintaining accessories**, and looking after the **humidity and temperature** in any pool environment.

To maintain a pool on its optimal parameters, it is ideal to have an automatic control system such as **Fluidra Connect**.

Depending on the material of your pools and spa water zones, there are different ways of looking after them and extending their usable life. Stainless steel tends to be the main element in today's wellness and spa centres. Thus, it is key to understand how to properly take care of it.



## 4.1 Stainless steel maintenance

From hydromassage beds made from stainless steel to swimming pools where your guests can exercise or relax in a wellness centre, **this material is lightweight and sustainable**. It also adapts easily into most spaces and gives an elegant finish. Moreover, stainless steel is particularly suited to wellness centres, as it has the **ability to introduce different water therapy elements** to enhance the use of the pool for its users. These include waterfalls or massage water jets.

Stainless steel requires specific maintenance, however, especially in a commercial swimming pool environment in which hygiene becomes even more important. To reduce its deterioration against elements (like corrosion or rust), here are the top things to know that will give your pool a long and healthy life:

- **Elements requiring maintenance:** specific parts of the pool need to be treated regularly to prevent deterioration: pool basin, stairs, outdoor showers, railings, cascades, skimmers, water jets, filters, overflow channel, grills, lighting elements.
- Choice of **cleaning tools and products:** special brushes need to be used when cleaning, so as not to scratch the steel. Cleaning should not be done with sandpaper, scourers or harsh chemicals such as bleach or ammonia.
  - To remove rust stains and calcium buildup, use a special polish and a brightener in this order. First wipe off and remove accumulated dirt; then wash with a neutral soap solution with tap water and, finally, rinse with clean water and dry with a cloth.
- **Frequency of manual cleaning of stainless steel:** Cleaning should be done weekly at the beginning, and then an assessment can follow to estimate how long should be left between cleans to optimise the maintenance intervals.



How to **avoid stainless steel corrosion**: despite being tough, steel will rust if not cared for properly. To avoid corrosion, keep the water clean with a good pH balance, either by using chemical products, automatic dosing equipment or saline chlorinators.

- **Optimal parameters** to control in terms of the water:
  - Ph: 7,2 – 7,6 with a weekly/daily maintenance.
  - TA (total alkalinity): 100 – 175 ppm with a monthly control.
  - TH (Calcium hardness): 150 – 300 ppm twice a year.
  - TDS (only electrolysis): < 6.000 ppm weekly.
  - Residual chlorine: 0,5 – 2,0 ppm (Cl) daily or weekly.
  - Stabiliser (C & A): max 30 ppm when ORP regulation is used / up to 75 ppm by manual chlorination with chemicals (twice a year).

**"Stainless steel requires specific maintenance, especially in a commercial pool environment"**

## 4.2 Sustainable Wellness Centre Management

Environmentally friendly options and innovations in pool technology have made sustainability for wellness centres a lot more affordable and approachable. In an environment where you need to resort to heating, cooling, and water treatment on a continuous basis, this is particularly relevant.

Here are some key elements we believe will extend the lifespan of your water features while reducing energy consumption and being respectful of the environment.

### Water recirculation

Water turnover times may vary according to national regulations in your location, as well as the **pool's size** and its projected use in terms of **number of users**, continuity and intensity, among other factors. Proper water recirculation helps to ensure that disinfectant products are evenly distributed in the water and eliminates so-called "dead spots" with stale water.

To ensure efficient and effective water recirculation, **variable-speed pumps** are the optimal choice. They adapt to the swimming pool's real time needs and help to keep water fresh and safe for use.

### Water filtration

A wellness pool operates at its best when it's supported by the **right filter size, an adequate filter media** and when routine maintenance is performed properly, to ensure there is a reduced need to use chemicals for disinfection. All **filter media** are made of granular materials, including sand, perlite, and glass.

Regardless of the type of filter, they will accumulate traces of lime, organic debris, and sediments over time — which stick to the filter media and begin to reduce their effectiveness. To avoid this, **backwashing or air scouring**, as well as **changing the filter media**, are must-operations to properly maintain the filter's performance.

### Water disinfection

A perfect pool experience can only be guaranteed if the right water treatment systems are incorporated so that water is kept in optimal conditions and parameters. While traditional systems have provided disinfection through conventional dosing systems with chlorine, more efficient and sustainable current systems such as **Heliox Uv**, [Freepool2](#) or [Neolysis](#) use a combination of UV technology with low salinity electrolysis.

**Saline chlorination systems** use salt for disinfection. Salt is a far more natural and environmentally friendly way to disinfect pool water. Systems based on salt generate chlorine through **electrolysis**, a process that separates elements from any compound through electricity. Salt water is used to dissolve chlorine and instantly sanitise the pool water. Additionally, some systems also feature **ultraviolet technology** through a medium-pressure UV lamp that breaks down bacterial DNA as water passes over it.



### **Dehumidification**

As hydrotherapy pools are usually installed indoors, efficient air treatment systems must be guaranteed for dehumidification, in order to avoid undesired humidity increase as a result of pool water evaporating. **A range between 55-65% in humidity levels is recommended** for a pleasant and hygienic environment, thus reducing the proliferation of pathogens and maintaining the installation in adequate conditions for longer. **Pool covers** and state-of-the-art **dehumidifiers** help to maintain proper humidity levels in the facility.

## Heating and cooling

Swimming pool temperature is key for pool operators to guarantee pleasant experiences for their users as well as adequate safety, hygiene and efficiency. While there are multiple heating and cooling solutions that can provide the right swimming pool temperature, heat pumps (such as [Excellium Inverter, Z950](#) and [ProHeat II](#)) provide an ideal solution in terms of **energy efficiency and cost reduction**. The most innovative models enable operators to save significantly, since up to **80% of the energy used to heat the pool comes from the air**.



## 05

## CONCLUSION

With attention to details and consideration for the environmental and energy efficiency factors that will influence your return on investment and well functioning, you can create a wellness oasis featuring water zones and optimising the use of water as therapy. Hydrotherapy pools, chromatic treatments, hot tubs, and cold plunges all contribute a host of health and wellbeing benefits. They make a hotel, spa, or wellness centre all the more appealing to the general public and will increase profitability while providing a positive experience to your guests.

A woman in a white bikini is relaxing in a hot tub. The hot tub has a grid pattern on the bottom. In the background, there are buildings and a hillside. The image is overlaid with a large teal circle on the left and a smaller teal circle on the right. The text is located within the larger teal circle.

"This information contains general recommendations that must be taken into consideration on a case-by-case basis. This information is not an instruction manual and cannot be considered as such for any purpose. Any implementation or installation to be made must be made by a professional and under the appropriate guidelines. In this regard, each user is responsible for the application it makes of the information contained herein. Fluidra will not be responsible for its use. Consequently, under no circumstances will Fluidra be liable or responsible for any claim, damages or loss that may arise as a consequence of the use of this information".

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