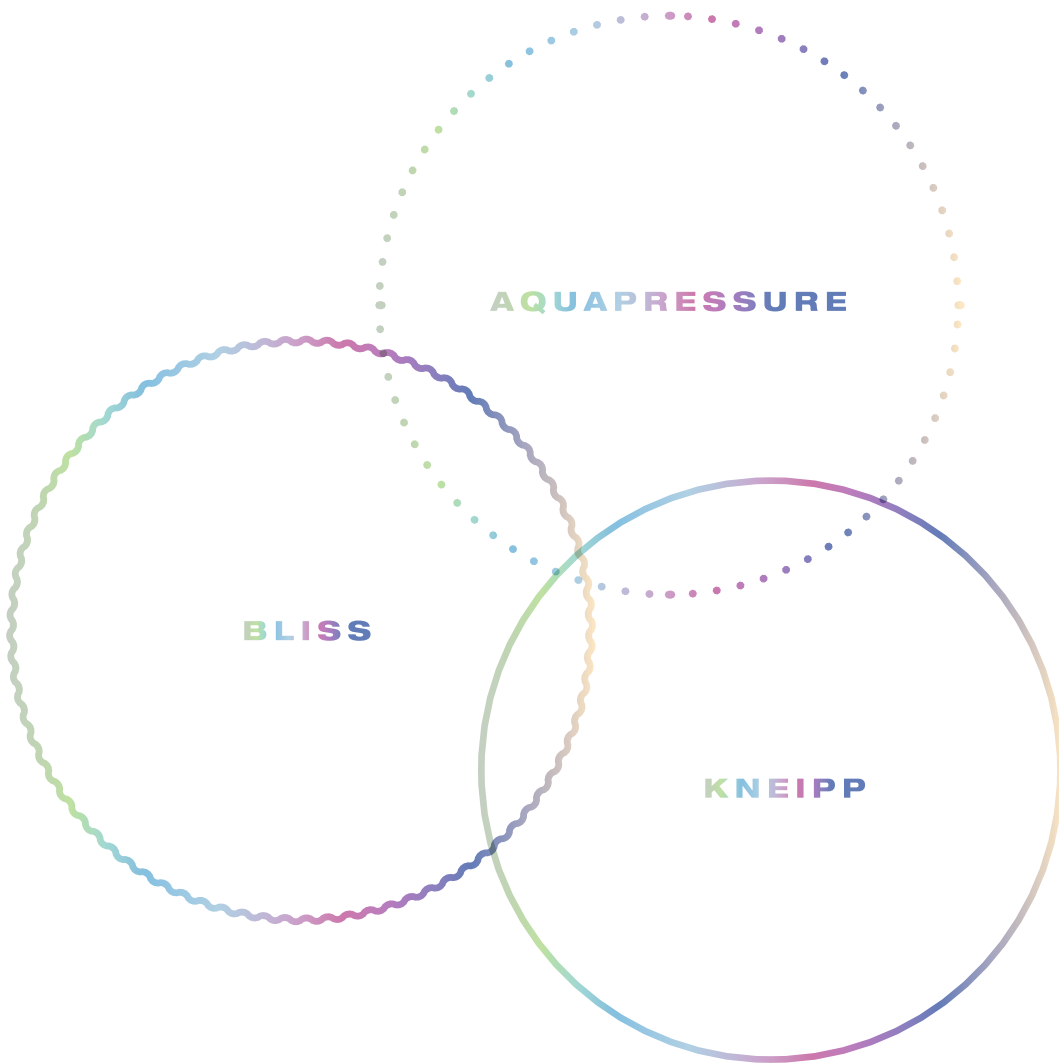


DORN
BRACHT

Dornbracht LifeSpa



Dornbracht LifeSpa



Culturing Life

WE HAVE COLLECTED
EVERYTHING WE KNOW
ABOUT THE POSITIVE POWER
OF WATER – AND USED IT
TO DEVELOP PRODUCTS THAT
TURN YOUR BATHROOM
INTO YOUR PERSONAL SPA.

DISCOVER
DORNBRACHT LIFE SPA.

**DORNBRACHT
LIFE SPA**

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IMPRINT

YOUR PRIVATE SPA

—

AS PART OF YOUR

VERY OWN

PERSONAL HEALTH AND

WELLNESS STRATEGY.

Water applications can make a significant contribution as a preventive measure to actively boost the health of an individual. They also ensure balance and well-being.

Along with a balanced diet, regular exercise and enough sleep, specific water applications can be an important part of a health-conscious lifestyle.

This is why we developed the Dornbracht LifeSpa. The concept is based on three pillars: Kneipp, Aquapressure and Bliss. These principles appear throughout our product solutions and water applications.

What unites our product solutions beyond daily cleansing is the proven effect of water. To achieve this, we work closely and continuously with experts and progressive thinkers who specialize in the areas of Kneipp therapy, Traditional Chinese Medicine (TCM) and research into well-being.

The following pages will help you to discover the therapeutic and revitalising power of water and create your very own Dornbracht LifeSpa.



**DORNBRACHT WORKS TO CREATE AWARENESS
OF THE IMPORTANCE OF
THE THERAPEUTIC EFFECTS OF WATER.**

**THIS IS WHY WE COOPERATE WITH
LEADING EXPERTS, INCLUDING THOSE INVOLVED
IN KNEIPP THERAPY AND
TRADITIONAL CHINESE MEDICINE
(TCM).**

**THEIR KNOWLEDGE AND THEIR
EXPERTISE ARE INCORPORATED INTO OUR
PRODUCT SOLUTIONS.**





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KNEIPP EXPERT

Jochen Reisberger



“Kneipp improves physical and mental vitality.”

Jochen Reisberger runs Germany's leading Kneipp and health resort, the Kneippianum in Bad Wörishofen. He is also part of the Dornbracht Healthness network of experts. He explains the Kneipp principle – and its all-embracing mode of action – in an interview.

MR. REISBERGER, YOU ARE A WELL-KNOWN KNEIPP EXPERT. WHAT DOES KNEIPP THERAPY AMOUNT TO? WHAT ARE ITS DISTINGUISHING FEATURES?

J. Reisberger — Kneipp therapy is a recognised holistic approach that acts on the body, the mind and the soul. It is unique in Europe. If you look beyond Europe, there are only two other forms of therapy like this: TCM, that is Traditional Chinese Medicine, and Ayurveda, the traditional Indian art of healing. Kneipp therapy takes its name from the nineteenth century priest, hydrotherapist and naturopath Sebastian Anton Kneipp. He made the applications accessible.

WHAT IS THE BASIC IDEA BEHIND KNEIPP THERAPY?

J. Reisberger — It is based on five pillars: water or hydrotherapy, medicinal plant therapy, nutritional therapy, exercise therapy and the so-called lifestyle regulation therapy, which is to do with your way of life. It is the bracket that encloses all the other therapies. Its primary concern is for an individual to be mentally at ease with their own situation and with their social environment.

IF YOU CONSIDER THE FIVE PILLARS: WHAT ROLE DOES WATER THERAPY PLAY?

J. Reisberger — A crucial one. Firstly, it strengthens the body's natural defences and the cardiovascular system. It also gives the blood vessels a good workout, boosts the metabolism and leads to a balanced autonomic nervous system.

“Its primary concern is for an individual to be mentally at ease with their own situation and with their social environment.”

IS WATER THERAPY ESSENTIALLY ALWAYS THE SAME?

J. Reisberger — Not at all. Water applications can be individually and subtly graded. They are always adapted to the individual and/or the particular situation. In other words, a course of Kneipp Treatment is an advanced and finely differentiated system that can be tailored to the particular constitution with great accuracy. All in all, there are about 120 different water applications in Kneipp therapy.



CAN YOU TELL US SOMETHING ABOUT THE WATER APPLICATIONS AND THEIR MODE OF ACTION?

J. Reisberger — Willingly – let’s take a look at warm affusions, for instance. They are performed at a temperature between 99°F and 104°F in the neck and back area. They are a gentle and effective way to help ease tense muscles.

“The water applications can be individually and subtly graded. They are always tailored to the particular individual and/or the particular situation.”

By contrast, cold affusions are administered in cases of hip and knee joint inflammation, or for vein disorders. The facial affusion, however, is a beauty treatment. It improves blood circulation in the face and leads to firmer skin. The whole process only takes a matter of seconds: use an affusion pipe or hose to direct the water up and down your right cheek three times, then three times on your left cheek, and then across your forehead. Finish by making a further three rounds of your face. Not much effort involved, but the effect is obvious.

AND THE FAMILIAR CONTRAST AFFUSIONS?

J. Reisberger — The warm water part lasts for a few minutes and the cold-water part only lasts for a few seconds. Affusions administered at the start of a course of Kneipp Treatment are usually shorter. This allows the body to slowly get

used to them. The specific temperature stimuli are then continuously increased as the course of Kneipp Treatment progresses. The thing about affusions is that generally speaking, if they are administered above the pelvis they have a stimulating effect, raise blood pressure, strengthen the cardiovascular system and enhance the body’s natural defences. By contrast, affusions administered below the pelvis have a calming effect, strengthen blood vessels and lower blood pressure. They also stimulate the body’s natural defences.

HOW DO KNEIPP BATHS WORK?

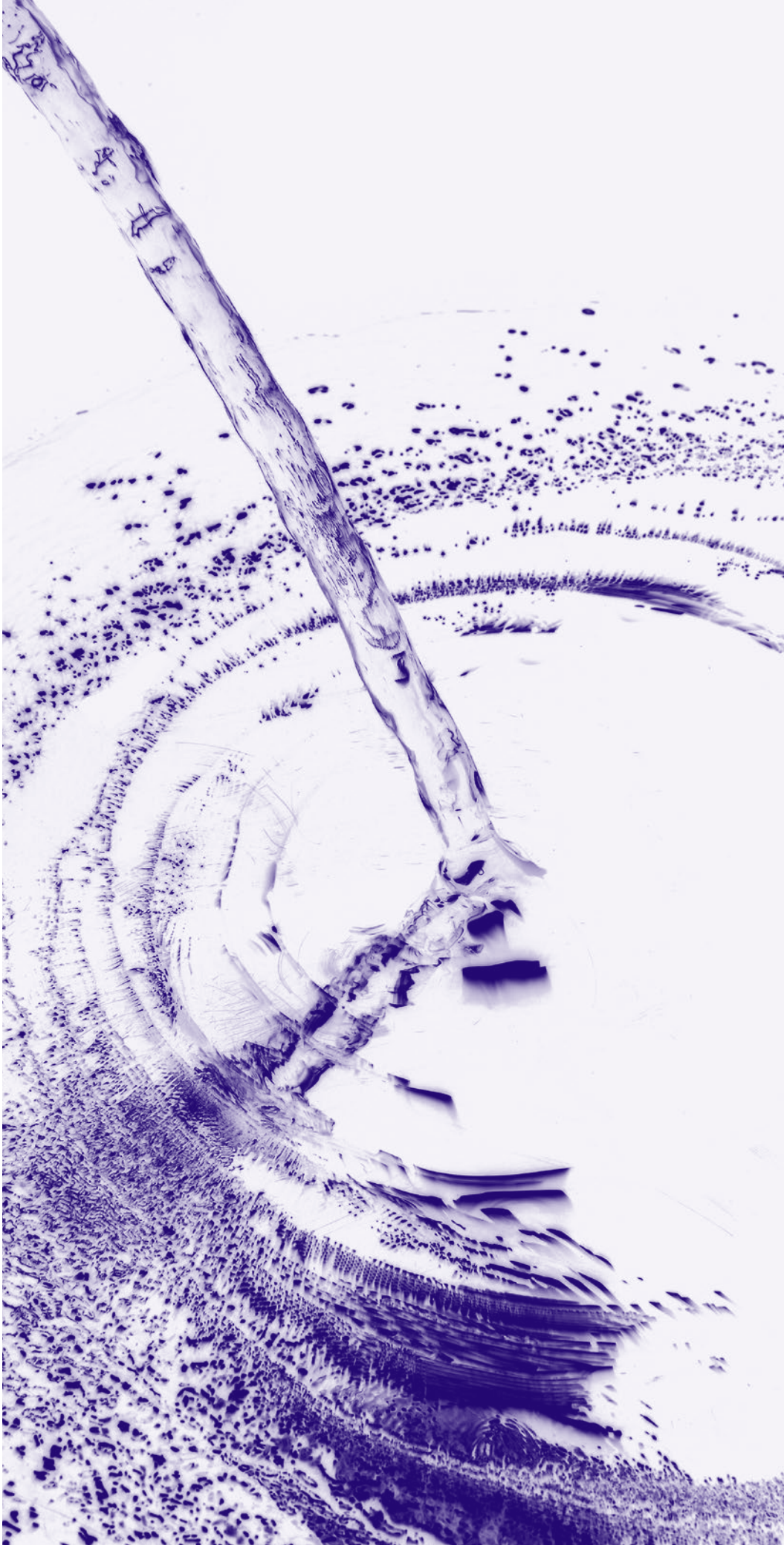
J. Reisberger — Full baths, for instance can have both a stimulating and calming effect. It depends which medicinal plants are added. The cold arm bath is also interesting, as it qualifies as a sort of “Kneipp espresso”, so to speak. It is very fast-acting, very refreshing and improves concentration.

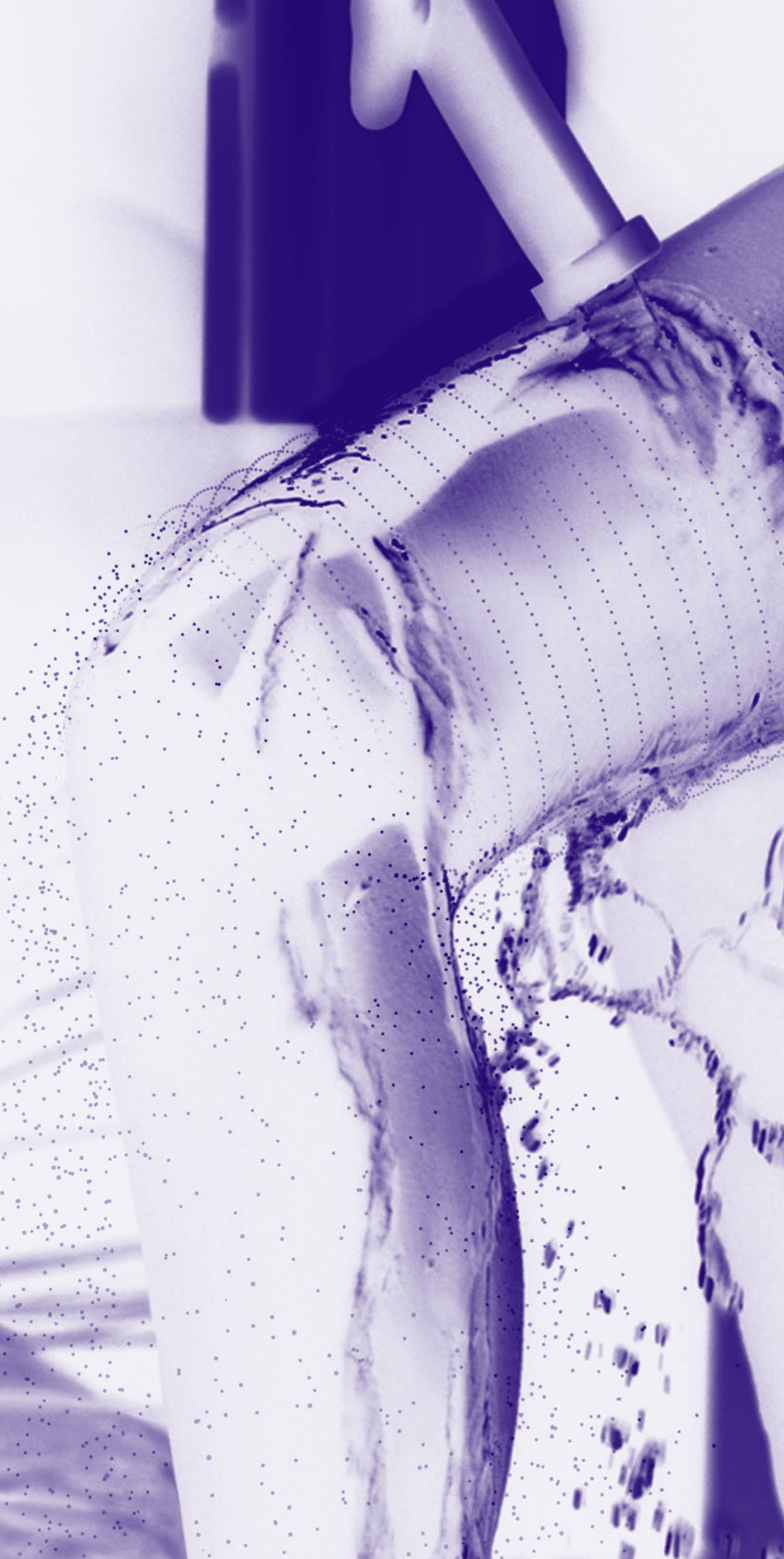
WHAT OTHER WATER APPLICATIONS ARE THERE IN THE CONTEXT OF KNEIPP THERAPY?

J. Reisberger — Washing is another example. These are early applications which – because of resting muscle tone – are carried out between five and six in the morning. The body is washed with a linen glove that has previously been immersed in cold water. Then the night-dress or pyjamas are put back on and it’s back to bed. The body is well wrapped up, so that it warms up immediately. You usually fall back into a deep sleep afterwards.

AND WHAT IS THE EFFECT?

J. Reisberger — Washing in the Kneipp therapy context has a balancing effect on so-called mental and autonomic system swings. It also strengthens the immune system, regulates blood pressure and improves blood circulation in the skin.





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YOU ARE PART OF THE
DORNBRACHT HEALTHNESS NETWORK
OF EXPERTS. YOUR KNOWLEDGE IS
INCORPORATED INTO THE CONCEPT
AND DEVELOPMENT OF THE PRODUCTS
AND APPLICATIONS OF DORNBRACHT
LIFESPA, IN YOUR EYES, WHAT DOES
THE COLLABORATION AMOUNT TO?

J. Reisberger — In fact, the original
Kneipp idea was to experience Kneipp
and then to continue the experience at
home, if possible, i.e. by incorporating it
into the daily bathroom ritual. Given this
fact, it seems a good idea to get together
with Dornbracht to bring Kneipp therapy
to private spaces as well.

“The cold arm bath is
also interesting, as
it qualifies as a sort of
‘Kneipp espresso’,
so to speak. It is very
fast-acting, very re-
freshing and improves
concentration.”

I am happy to help pass on the know-
ledge gained from Kneipp therapy – so
that people can naturally integrate it
into their daily routine and enjoy the ben-
efits. Because in my view, a health-
conscious lifestyle and improving physical
and mental vitality are important elements
of leading a fulfilling life. And that is my
wish for everyone.





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EXPERT ON TRADITIONAL
CHINESE MEDICINE

Dr. Christoph Stumpe



“Aquapressure
takes up the
tried and tested
principles of
Traditional Chinese
Medicine.”

Dr. Christoph Stumpe is head of the famous Shen Men Institute in Düsseldorf. An expert on Traditional Chinese Medicine (TCM), the accredited sports scientist got together with Dornbracht to develop Aquapressure – water massage for the home.

DR. STUMPE, PLEASE TELL
US ABOUT THE SPECIAL FEATURES OF
TRADITIONAL CHINESE MEDICINE.

Dr. C. Stumpe — Chinese medicine has its origins in Taoism, a philosophy that developed from observing the laws of nature. In Taoism, humanity is perceived as part of nature. This means that the laws that apply to nature also apply to humanity. Treatment principles such as

the yin and yang theory in Traditional Chinese Medicine developed on this basis. Qi, the life-force energy which flows through the body via meridians and acupuncture points, is at the centre of Traditional Chinese Medicine. If it flows harmoniously, we are healthy. By contrast, if we lack or have excessive life-force energy, the body is no longer balanced, which can cause problems.

HOW IS IT DIFFERENT TO
WESTERN MEDICINE?

Dr. C. Stumpe — The most striking difference is probably in the energetic, holistic way of looking at things. This approach makes it possible to identify changes in the body at an early stage. It means that by using so-called patterns of disharmony to recognise any disease before it becomes established, Chinese Medicine can be used for prevention. This preventive essence or nature of Chinese Medicine basically points the way ahead.

ARE THERE AREAS WHERE
TRADITIONAL CHINESE MEDICINE HAS
ACHIEVED NOTABLE SUCCESS?

Dr. C. Stumpe — It has proved successful in treating chronic and psychosomatic problems, for instance. And also in pain management.

“Qi, the life-force
energy which flows
through the body
via meridians and
acupuncture
points, is at the
centre of Traditional
Chinese Medicine.”



YOU ARE INVOLVED IN DEVELOPING AQUAPRESSURE – HOW DOES THIS FIT IN?

Dr. C. Stumpe — Aquapressure and its possible impact are a variation of acupuncture, which plays an important role in Traditional Chinese Medicine. Like acupuncture, Aquapressure is based on the principles of yin and yang, qi life-force energy, meridians and acupuncture points mentioned above.

“This approach makes it possible to identify changes in the body at an early stage.”

CAN YOU BE MORE SPECIFIC?

Dr. C. Stumpe — According to Traditional Chinese Medicine, common symptoms such as tenseness or headaches occur when the flow of qi is disrupted. This can be caused by external factors such as cold temperatures, wind, heat, wet conditions and dryness, or by internal factors. These include emotions such as anger or joy. The interplay of these so-called exogenous and endogenous factors creates imbalance in the flow of energy and thus the physical symptoms.

Specific stimulation of selected acupuncture points harmonises the life-force energy. Problems such as tension in the head, neck and shoulder area are alleviated or prevented from happening in the first place. This in turn improves the sense of well-being and helps to increase vitality. But acupuncture can also have a positive effect on the psyche, in cases of anxiety or insomnia, for instance.

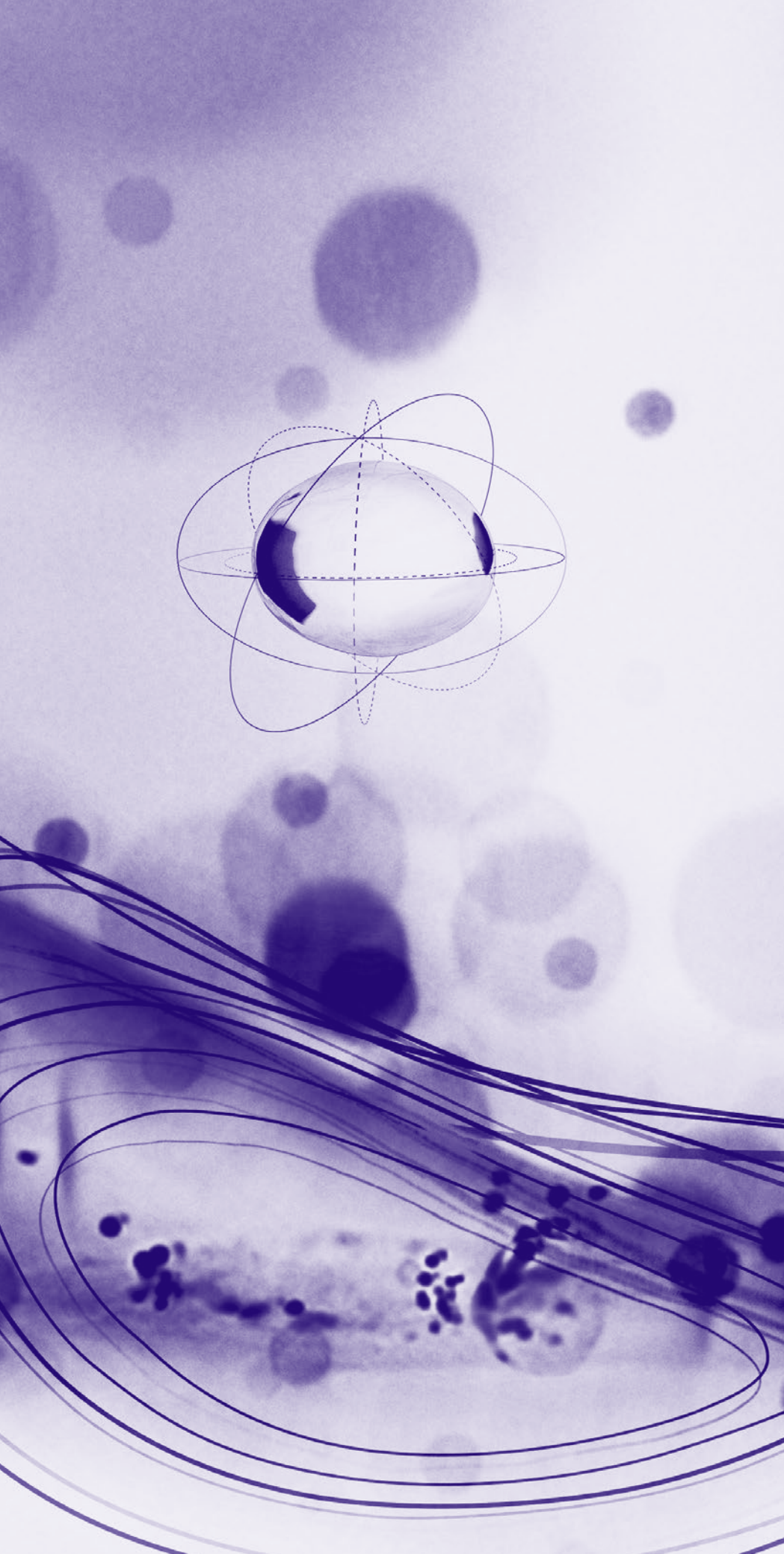
HOW MUCH OF THIS CAN BE TRANSFERRED TO AQUAPRESSURE?

Dr. C. Stumpe — In acupuncture, we use parts of the body such as thumbs, fingers, the ball of the thumb or elbows. This is how we exert pressure on the meridians and the acupuncture points, to achieve the desired effect. In Aquapressure, this function is taken over by the pressure of water. It leads to increased blood flow in the skin and muscles at the relevant points and meridians. This is especially apparent when combined with the right amount of warmth. The medium of water is also especially interesting because it can take into account the basic action parameters of Chinese Medicine – intensity of pressure, location, duration and temperature – all at the same time. That is, the central parameters which can have a positive influence on our life-force energy. Aquapressure actually helps us to ease away blockages and tension while taking a shower. It can also be used for prevention. Because the combination of pressure and warmth also boosts the immune system and the body’s natural defences, which in turn helps to regenerate the body’s own resources.

The big advantage of Aquapressure is that it can be carried out independently, in the comfort of the home. So every day, you can do something for your health – simply by taking a shower.

“Because the combination of pressure and warmth also boosts the immune system and the body’s natural defences.”





DESIGNER AND INVENTOR

Michael Neumayr



“We need personal safe havens, where we can experience moments of happiness.”

Michael Neumayr is a designer and product developer. Born in Salzburg, he currently runs a multi-award-winning design studio in Los Angeles. Since 2012, he has also been a lecturer at the Art Center College of Design in Pasadena. His “form follows feeling” approach is aimed at devising products to create experiences. And by so doing, to trigger something in the individual.

MR. NEUMAYR, IT SAYS IN THE CURRENT “GLOBAL WELLNESS TRENDS REPORT”* THAT WE ARE CURRENTLY WITNESSING A TREND THAT SHOWS THAT THE CONCEPT OF HAPPINESS IS MORE CLOSELY ASSOCIATED WITH WELL-BEING AND IN TURN, WELL-BEING IS MORE CLOSELY ASSOCIATED WITH HEALTH.

M. Neumayr — We are clearly living in a fast-moving age that is overloaded with information. We have more opportunities. But also more stress, more turmoil, more uncertainty. So now, more than ever, we need real safe havens where we can find something that is best described by the English word “Bliss”, to keep us healthy. Blissful happiness, a deep sense of peace and feeling of arrival. Humanity longs for balance and life-force energy, for relaxation and security.

WHICH IS WHY YOUR CREDO IS “FORM FOLLOWS FEELING”?

M. Neumayr — I take a holistic approach to the idea of design and space. Form and function are important. But it is my passion to create something that addresses the needs that go beyond form and function. A design for the soul.

“Humanity longs for balance and life-force energy, for relaxation and security.”

YOU TALKED ABOUT REAL SAFE HAVENS. HOW DO WE BRING THESE “MOMENTS OF BLISS” TO THE HOME BATHROOM OR THE PRIVATE SPA?

M. Neumayr — I think we need places where we can have time to ourselves, be completely on our own. And I don’t mean lonely. I mean places where I can re-connect with my feelings, where I can feel human once again. This is the basis we used to develop RAINMOON in the LifeSpa concept. A shower that first of all has such a reduced design language that it disappears into the

architecture of the room, merging with it. The other special thing about RAINMOON is the experience, the moments of Bliss mentioned above. That is to say, it is not about achieving a wow effect in terms of the design language. It is purely about the effect, about the transformation. About the gift of peace and strength. The shower as a spatial experience that changes me a little.

“I think we need places where we can have time to ourselves, be completely on our own.”

HOW DOES RAINMOON DO THIS?

M. Neumayr — Firstly by two newly evolved flow modes, through which our experience of the element of water is probably more intense than ever before. Flow modes that can envelop us protectively, that can refresh and energise us, or transport us into an almost meditative state. Here we experience a therapeutic moment of seclusion, which becomes all the more valuable as the number of stimuli to which we are exposed in our everyday life increases. We now know that conscious moments of peace are extremely helpful in balancing out this overstimulation. And also that they are closely connected to our subjective perception of happiness.

FOLLOWING UP ON YOUR REMARKS ON THE SUBJECT OF BLISS, LET US TAKE A QUICK LOOK BACK AT THE “GLOBAL WELLNESS TRENDS REPORT” WE MENTIONED AT THE BEGINNING. IT DESCRIBES BY

ANALOGY THAT HAPPINESS, AMONG OTHER THINGS, SEEMS TO BE SOMETHING THAT WE CAN CHOOSE. AND IN THIS CONTEXT: AN INCREASING NUMBER OF PEOPLE ARE USING WELLNESS AS THE PATH TO PERSONAL HAPPINESS.

M. Neumayr — That does seem to be the case. I am familiar with this study and speaking as an expert, can most certainly confirm what it says. It also holds true on a quite personal level. I remember the first time I experienced RAINMOON on my own body. It is difficult to describe how it made me feel. I was touched, moved. And happy.

● FIND OUT MORE ABOUT THE POWER OF WATER: [LIFESPA.DORNBRACHT.COM/HEALTH](https://lifespa.dornbracht.com/health)



SPA MODULES
WITH TREATMENT RECOMMENDATIONS

DORNBRAUCH SPA MODULES ARE AN
EASY WAY TO UPGRADE YOUR BATHROOM
TO YOUR OWN PRIVATE LIFESPA.

THEY ARE ADAPTABLE, CAN BE
INTEGRATED INTO EVERY SHOWER
SOLUTION AND ENHANCE YOUR DAILY SPA

AND SHOWER RITUAL:
TO ENHANCE INDIVIDUAL WELL-BEING,
LIFE-FORCE ENERGY AND HEALTH.

WE RECOMMEND SPECIFIC WATER
APPLICATIONS (TREATMENTS)

FOR EACH SPA MODULE,
WHICH CAN BE USED AS PART OF
A DAILY ROUTINE.

**DISCOVER INDIVIDUAL SOLUTIONS
FOR YOUR BATHROOM:
[LIFESPA.DORNBRAUCH.COM/SOLUTIONS](https://lifespa.dornbracht.com/solutions)**

AFFUSION MODULES

Laminar flow



A feature of LAMINAR FLOW is its crystal-clear spray pattern. It envelops the skin – making it particularly suitable for carrying out Kneipp affusions.





WATER IN ITS
PUREST FORM



TREATMENT

Leg affusion



HEALTH BENEFITS:

- firms the skin
- lowers blood pressure
- encourages sleep



TIME OF DAY:

For relaxation after a demanding day,
1–2 hours before going to bed
(about 45 seconds)



RECOMMENDED TEMPERATURE:

50–54°F

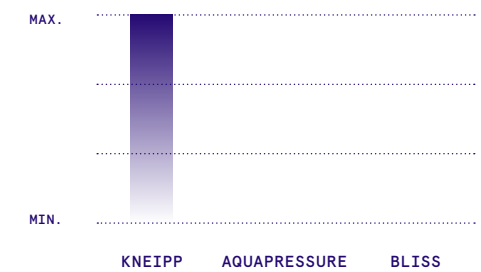
APPLICATION:

Start at the outside toe of your right foot and slowly run the cold stream of water along the outside of your right leg as far as your hip/groin. Stay there for 10 seconds and then move back down along the inside of your leg. Repeat the process on each leg two more times.

TIP

With regular applications, the cold leg affusion can help to boost the body's natural defences and immune system. It also speeds-up your metabolism and can help prevent vein problems.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



WATER TUBE



AFFUSION PIPE

Arm affusion



HEALTH BENEFITS:

- invigorating
- helps increase blood circulation



TIME OF DAY:

Any time
(about 30 seconds)



RECOMMENDED TEMPERATURE:

50–54°F

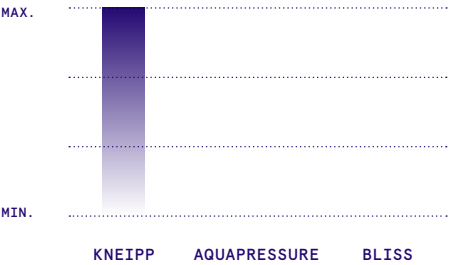
APPLICATION:

Start applying the cold water on the outside of your right hand and move slowly up your arm towards the shoulder. Stay here for 10 seconds and then move back down, along the inside of the arm. Repeat the process on each arm two more times.



The cold arm affusion improves your circulation and energizes. If applied regularly, it can also help to boost your immune system.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



WATER TUBE



AFFUSION PIPE



DECK-MOUNTED AFFUSION PIPE





TREATMENT

Facial affusion

**HEALTH BENEFITS:**

- helps increase blood circulation
- firms the skin

**TIME OF DAY:**

Ideal as an occasional and refreshing treatment (about 30 seconds)

**RECOMMENDED TEMPERATURE:**

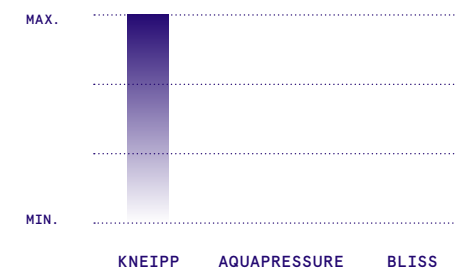
60–65°F

APPLICATION:

Start at the right cheek and from there, apply the cold water in a straight line down and up your right cheek – three times in all. Repeat this on the left side. Then pass the stream of water over your forehead three times. To finish, circle your face three times with the stream of water.

TIP

The cold facial affusion is ideal for a quick fix if you are feeling tired or suffer from headaches. It also has a calming effect if you are nervous or anxious.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:**PRODUCT SOLUTIONS:**

WATER TUBE



AFFUSION PIPE



DECK-MOUNTED AFFUSION PIPE

AFFUSIONS BELOW
THE PELVIS HAVE A CALMING
EFFECT, STRENGTHEN
BLOOD VESSELS AND LOWER
BLOOD PRESSURE, AS
WELL AS BOOSTING THE BODY'S
NATURAL DEFENCES.

— JOCHEN REISBERGER —
KNEIPP EXPERT



RAIN MODULES

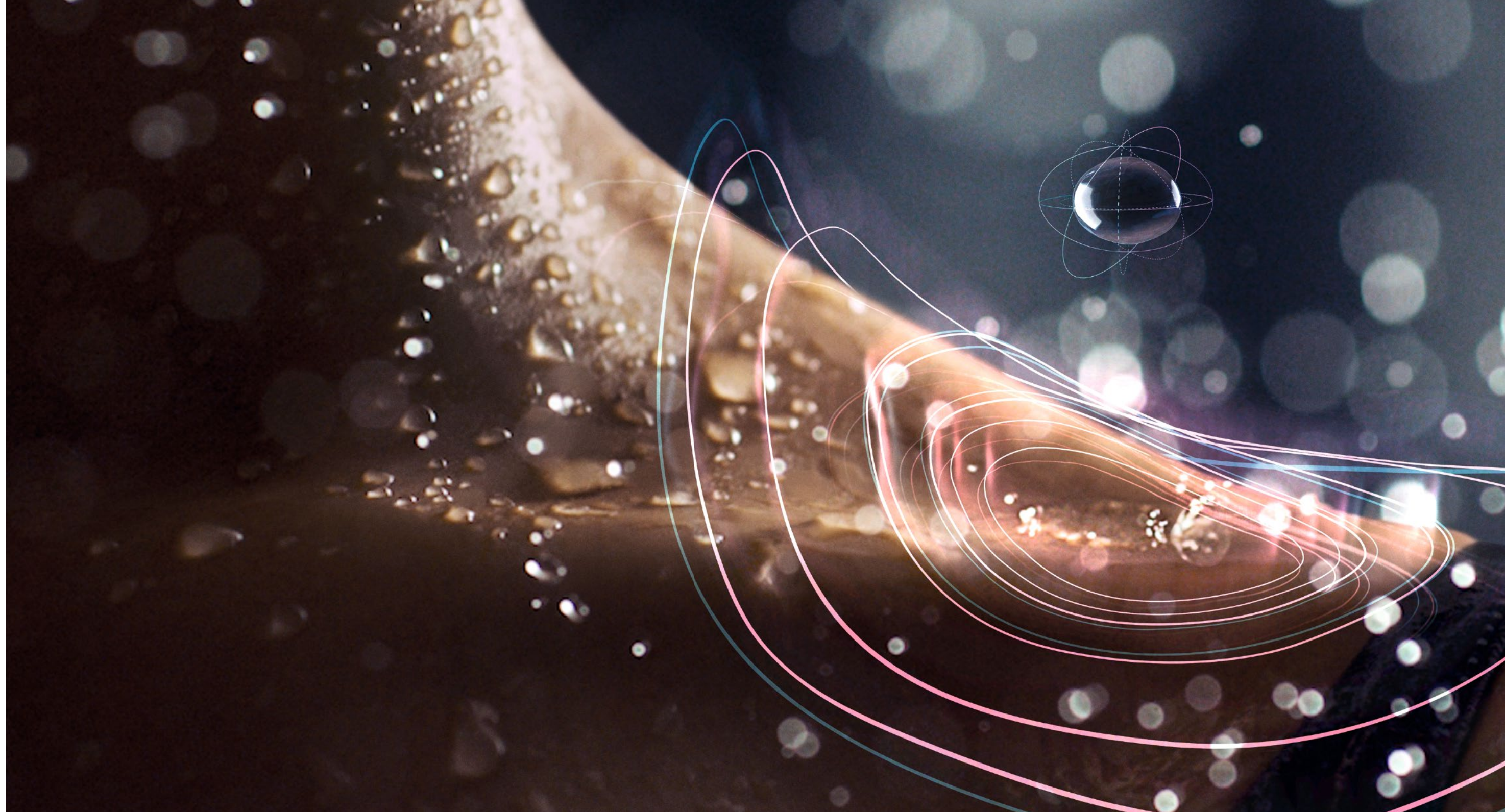
Raindrops



Natural rain is the most original yet sensuous form of showering. To bring the experience of feeling natural rain to the home bathroom, Dornbracht studied the properties of RAINDROPS. Their special secret: they fall as light as a feather, almost weightlessly, bursting softly and directly onto the body.

Dornbracht developed rain showers and rain panels to perfectly mimic this experience. All the products in Dornbracht's rain shower family – from **RAIN SHOWERS, JUST RAIN,** **BIG RAIN** to **RAIN SKY M** and **RAINMOON** – provide a unique form of rain.





LIKE TAKING A SHOWER
IN THE OPEN AIR



TREATMENT

Contrast shower



HEALTH BENEFITS:

- revitalizes and boosts the immune system



TIME OF DAY:

For ending your morning shower

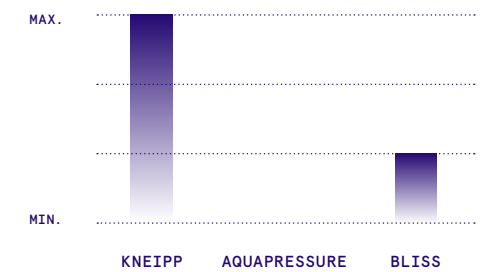
APPLICATION:

Start the application with warm water for about 1 minute. Then adjust the temperature of the water to cool-to-cold for about 10 seconds. Repeat the warm-to-cold sequence again and end with cold water.

TIP

Contrast showers have many positive effects. They stabilise the circulation, have a balancing effect both for high and low blood pressure and calm nervousness and stress. With regular applications, they boost the body's natural defences, which can help to prevent infections. They are also beneficial for a healthy skin.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



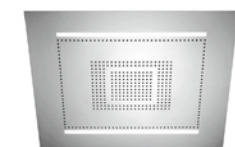
RAIN SHOWER*



JUST RAIN



BIG RAIN



RAIN SKY M



RAINMOON

* AVAILABLE IN DIFFERENT DESIGNS AND SIZES.

Cold shower



HEALTH BENEFITS:

- Refreshing for body and mind
- post-exercise treatment



TIME OF DAY:

Ideal for ending your daily shower

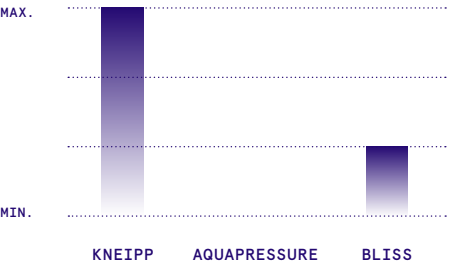
APPLICATION:

Start with luke warm water and gradually decrease the temperature to cold. This will slowly accustom your body to the cool temperature. A few seconds of cool water are enough to create positive effects.

TIP

A cold shower refreshes you in just a few seconds and has a stimulating effect on circulation and metabolism. Over the long term, the applications can boost your body's natural defences and your general health.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



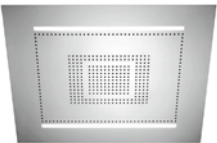
RAIN SHOWER*



JUST RAIN



BIG RAIN



RAIN SKY M



RAINMOON

* AVAILABLE IN DIFFERENT DESIGNS AND SIZES.

Relaxation shower



HEALTH BENEFITS:

- deep relaxation for body, mind and soul
- a therapeutic time-out from the daily routine



TIME OF DAY:

An ideal way to start the daily shower ritual – any time of day

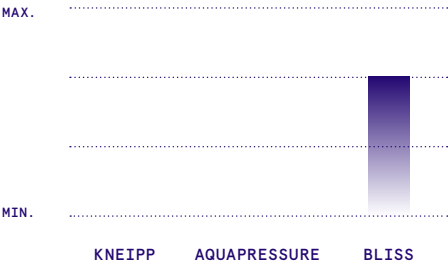
APPLICATION:

Adjust your shower temperature so that the water feels pleasantly warm. Your arms should be relaxed at your sides. Close your eyes and be acutely aware of the full, warm water droplets. Don't just feel the water on your face, deliberately turn the palms of your hands upwards and notice how the water collects there. Feel free to increase the volume and temperature of the water as you shower.

TIP

Don't just use the daily shower for cleansing. Use it as a moment of relaxation and a break from your hectic life.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



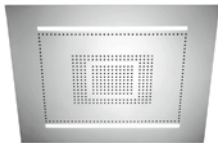
RAIN SHOWER*



JUST RAIN



BIG RAIN



RAIN SKY M



RAINMOON

* AVAILABLE IN DIFFERENT DESIGNS AND SIZES.

TO BRING THE EXPERIENCE
AND FEEL OF NATURAL RAIN TO
THE HOME BATHROOM,
WE STUDIED THE PROPERTIES
OF RAINDROPS.

THEIR SECRET: THEY FALL
AS LIGHT AS A FEATHER, ALMOST
WEIGHTLESSLY, BURSTING
SOFTLY AND DIRECTLY ONTO THE
BODY.



MASSAGE MODULES INTENSE

Massage flow



The INTENSE MASSAGE FLOW was deliberately designed to make it possible to experience the positive effect of Aquapressure (water massage) at home. Special massage jets specifically stimulate the body’s meridians and selected pressure points.

INTENSE MASSAGE FLOW can provide either a powerful neck massage, or a deep massaging lower and upper back shower. We provide two specifically focused **WATER FANS**, one vertically (**VERTICAL WATER FAN**) to target the thoracic vertebrae and one horizontally (**HORIZONTAL WATER FAN**) for the lumbar vertebrae. The daily shower can be easily combined with other therapies to relax the neck, back and shoulders.





EXPERIENCE THERAPEUTIC
WATER MASSAGE –
SIMPLY BY TAKING A SHOWER



Harmonising neck massage



HEALTH BENEFITS:

- loosens tight neck muscles
- brings a feeling of security and restores harmony to the senses



TIME OF DAY:

Ideal after exercise or to restore balance at the end of the day

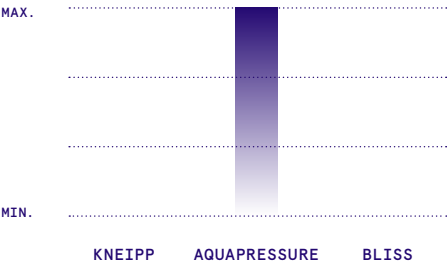
APPLICATION:

Select a warm temperature. Pressure can be adjusted as needed. Allow the stream to hit the neck and shoulder area for 5 to 6 minutes. Rest your chin on your chest and rock back and forth to allow the water to massage all parts of your neck and shoulders.

TIP

Harmonising fragrances such as cedarwood, rose or sage assist the balancing effect of this massage shower. Additionally integrate gentle forms of exercise such as Yoga or Pilates.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



WATER CURVE

Relaxing back massage



HEALTH BENEFITS:

- relieve back muscle tension
- releases stress and negative thoughts



TIME OF DAY:

Highly recommended in the evening, to unwind after a stressful day

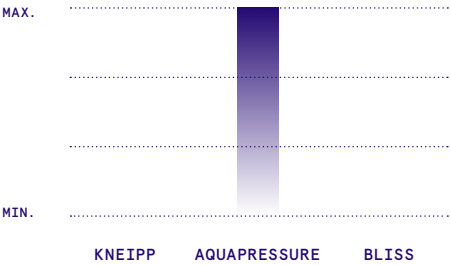
APPLICATION:

Set the massage flow to a high intensity and a hot temperature. Enjoy the intense massage flow for 1 to 2 minutes and feel the tenseness in your back gradually diminish. Reduce the temperature and intensity to a moderate range. At the start of the application, you can loosen your back by moving sideways in the massage flow. It is also very beneficial to put both hands behind your head and lean back slightly.

TIP

Warm, light and relaxing fragrances such as lavender intensify the calming effect of this massage shower. Treat yourself to some peace and quiet afterwards to get the most out of your relaxation – with a good book, restful music or a hot cup of tea. Meditation can help you combat the stress and hectic pace of everyday life.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



WATER CURVE



WATER FAN HORIZONTAL



WATER FAN VERTICAL

Revitalising back massage



HEALTH BENEFITS:

- relieve tension and tightness
- invigorating
- dispenses new energy



TIME OF DAY:

Ideal in the morning for starting the day feeling positive, rested and invigorated

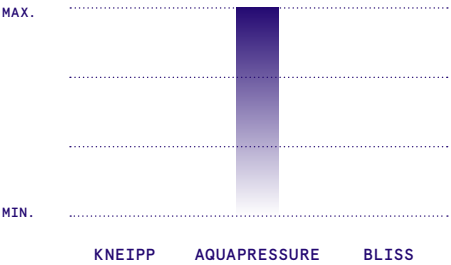
APPLICATION:

Set the intensity of the massage flow to light to moderate. The temperature should feel pleasantly warm to hot. Avoid the maximum settings in this application. Enjoy the revitalizing effect of the neck and back massage for the next 4 to 5 minutes.

TIP

Activating fragrances such as lemon grass, ginger or mint boost the invigorating effect of this massage shower. Finish off by doing a few gentle excercises such as Yoga or Pilates.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



WATER CURVE



WATER FAN HORIZONTAL



WATER FAN VERTICAL

AQUAPRESSURE
ACTUALLY HELPS US
TO EASE AWAY
BLOCKAGES AND
TENSION WHILE WE
SHOWER.

— DR. CHRISTOPH STUMPE —
EXPERT ON
TRADITIONAL CHINESE MEDICINE



MASSAGE MODULES SOFT

Massage flow



The large, soft raindrops of the SOFT MASSAGE FLOW ensure a gentle massage. With this flow mode, the water is either directed at the back (**WATER BAR**) or the side (**WATER POINT**). In a massage shower for the home, both a body spray and a side spray are ideal for relaxing the back.





TREATMENT

Gentle back massage



HEALTH BENEFITS:

- gentle neck and back massage
- relaxation



TIME OF DAY:

Any time as needed

APPLICATION:

Stand with your back relaxed against the wall, so that the water envelops your entire head, neck and back area. The temperature should be warm, enjoy the individual streams of water as they gently massage your body.

TIP

Feel free to change your standing position so that other parts of your body are also bathed in water.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



WATER BAR



WATER POINT



BODY SPRAY

THE COMBINATION
OF GENTLE PRESSURE AND
WARMTH ALSO BOOSTS
THE IMMUNE SYSTEM AND
THE BODY'S NATURAL
DEFENSES, WHICH IN TURN
HELPS TO REGENERATE
THE BODY'S
OWN RESOURCES.

— DR. CHRISTOPH STUMPE —
EXPERT ON
TRADITIONAL CHINESE MEDICINE



WATER FALL MODULES

Cascade



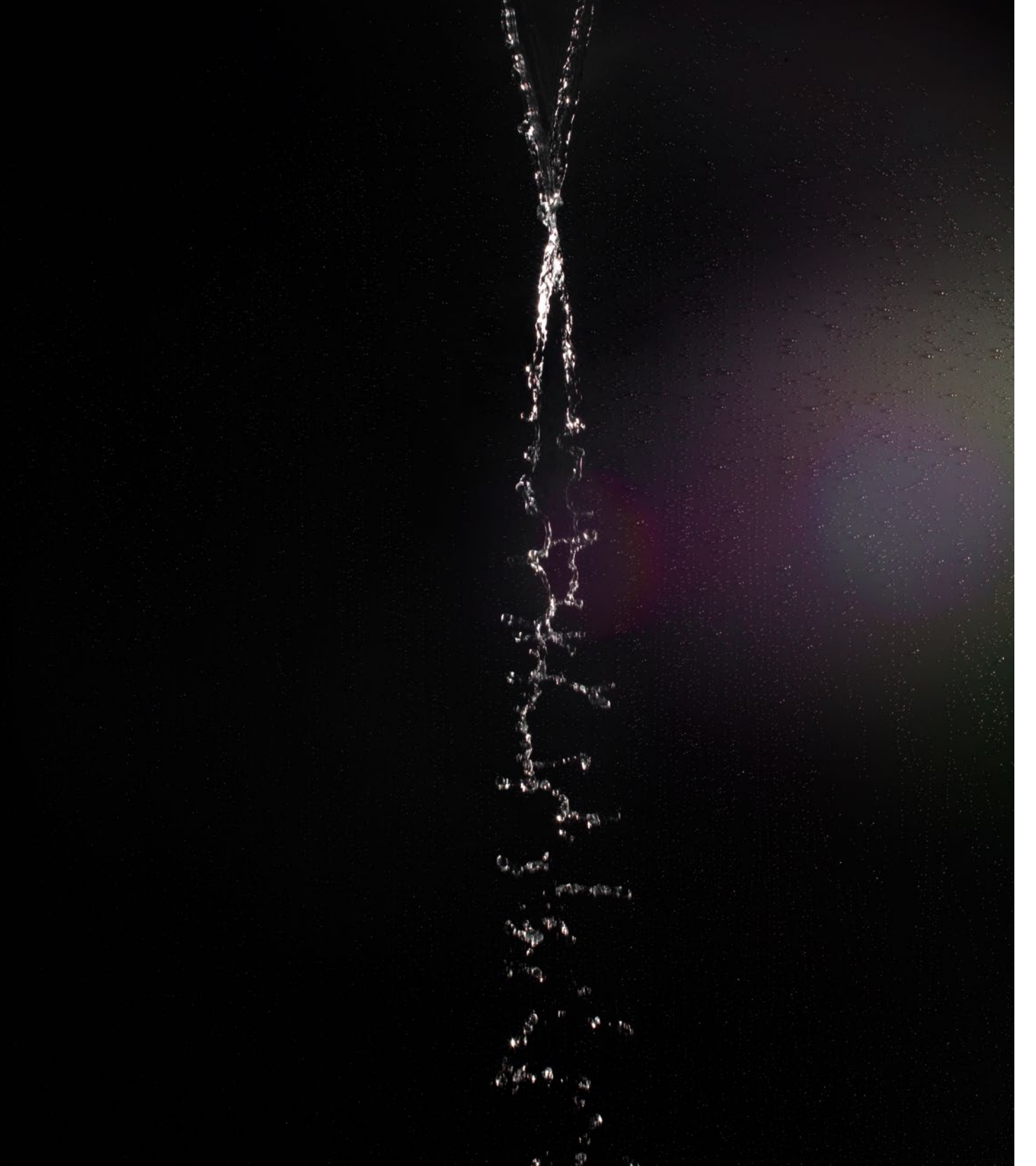
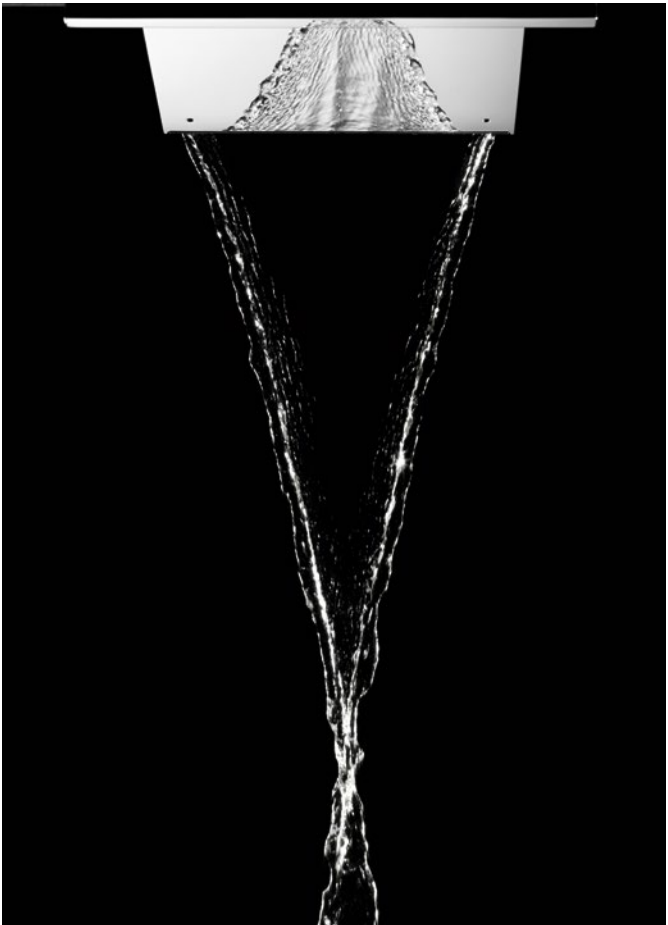
Water in free fall: Dornbracht brings the fascination of a waterfall from nature to the private bathroom. The powerful, graceful cascade of water is the perfect way to gently massage the neck and back area, or to cool down after a sauna. Dornbracht has three waterfall shower versions:

WATER FALL: Just like a natural waterfall, the wide CASCADE of water falling onto the neck and shoulder area is delivered by the power of gravity.

WATER SHEET: A clear cascade of water flows from the wide spout and luxuriously envelops the body. The back and shoulders are gently massaged – feeling as if they were under a waterfall.

WATER FALL WITH PEARL STREAM: Parallel, individual streams of water fall gently onto the neck and shoulders – a delightful form of water presentation.





SHOWERING AS IF
UNDER A WATERFALL



TREATMENT

Sauna shower



HEALTH BENEFITS:

- cooling down after a sauna
- increases blood circulation
- boosts metabolism
- stabilizes the autonomic nervous system



TIME OF DAY:

Perfect for cooling down after a sauna session

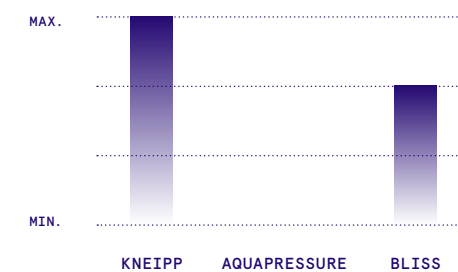
APPLICATION:

Ideally, cooling down after the sauna starts outdoors. Consciously breathe in and out a few times to cool your airways. Then set a specific cold stimulus with the cascade shower. The stream of water should not be too powerful and you should choose a cold temperature. Initially start by placing your feet under the flow of water and slowly move upwards towards your heart. Then proceed to your arms, starting with your hands and moving towards the shoulders. You can also give the rest of your body a cold shower. Make sure you immediately wrap yourself in a bathrobe to prevent you from getting cold. Feel free to complete the treatment with a warm footbath.

TIP

Allow yourself time to rest between sauna sessions, to regulate your body temperature. The best way to relax is to sit or lie down for a little while.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



WATER SHEET



WATER FALL
WITH PEARL STREAM

THE POWERFUL, GRACEFUL
CASCADE OF WATER
IS THE PERFECT WAY TO
GENTLY MASSAGE
THE NECK AND BACK AREA,
OR COOL DOWN
AFTER A SAUNA.



SPA SOLUTIONS
WITH SIGNATURE TREATMENTS

WITH DORNBRACHT SPA SOLUTIONS,
YOU CAN EXPERIENCE WATER
APPLICATIONS AT HOME AT ANY TIME –
WE CONSULTED WITH HEALTH
AND WELLNESS EXPERTS TO DEVELOP
OUR SO-CALLED SIGNATURE TREATMENTS:
PERFECTLY COORDINATED WATER
SCENARIOS, AT THE TOUCH OF A BUTTON
FOR YOU TO ENJOY.

DISCOVER THE DIVERSITY OF OUR
SPA SOLUTIONS AT
[LIFESPA.DORNBRACHT.COM/SOLUTIONS](https://lifespa.dornbracht.com/solutions)

RAINMOON



RAINMOON provides a unique rain experience with two flow modes, TEMPEST and AQUA CIRCLE, and an integrated light function. The flow modes and the hand shower set can be controlled by a concealed thermostat with three-function volume control.



WATER, LIGHT, ENERGY



RAINMOON features a minimalist design that puts the focus on the exceptional water experience. The central element is a dome set into the ceiling. Integrated seamlessly into its surroundings, it merges almost invisibly into the bathroom or spa architecture. If you look into the dome, you get an extraordinary sense of depth. This shower experience has a hidden light strip inside the hemisphere to create the perfect mood lighting and give a sense of infinity as you look up into the dome from below.





TEMPEST – The nature of water. With its large, exceptionally soft drops which fall only by the power of gravity. The TEMPEST flow mode brings the natural experience of a blustery shower of rain to the bathroom. The flow mode does not follow logic, it follows the nature of water. A thunderstorm coming from all directions has a clearing effect that simultaneously brings relaxation and refreshment.



AQUA CIRCLE – adapts to every need. The effect of AQUA CIRCLE is governed by the volume of water. Water falls from the dome as a soft cone. The more water there is, the smaller the cone becomes. This produces a powerful, concentrated flow that is ideal for washing yourself and your hair, for instance. When there is less water, the cone widens to leave your head clear, as the water falls softly and steadily over your shoulders like a rain curtain. AQUA CIRCLE has a relaxing and meditative effect.



TREATMENT

Creative regeneration



HEALTH BENEFIT:

- mental relaxation



TIME OF DAY:

Whenever you feel the need for inspiration. Enjoy a moment of perfect peace to energize your creativity.

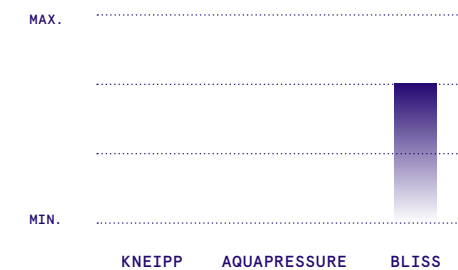
APPLICATION:

The large, soft water droplets of the TEMPEST flow mode swirl around your body like a cleansing thunderstorm. Your thoughts become clearer with every drop and you feel light and liberated. Switch to the AQUA CIRCLE flow mode to be surrounded by a bubbling rain curtain, without water hitting your head. Looking up in the light dome creates a meditative sensation. An ideal state for shaking off blockages and adopting a new perspective.



Use the shower to take a conscious time out, to be creative and develop new ideas.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTION:



RAINMOON

HUMANITY LONGS FOR
BALANCE AND
LIFE-FORCE ENERGY,
FOR RELAXATION
AND SECURITY.

— MICHAEL NEUMAYR —
DESIGNER AND INVENTOR



COMFORT SHOWER / LEG SHOWER



COMFORT SHOWER combines intense regeneration with great comfort. The innovative seated shower enhances your private spa with a unique application. Different outlets and flow modes let you enjoy therapeutic water experiences while seated. You can relax deeply, and enjoy treatments such as affusions, body scrubs, or even shave your legs in comfort.

The **COMFORT SHOWER** combines the **BIG RAIN** rain shower with the **WATER FALL PEARL STREAM**. With this flow mode, the water falls gently onto the neck and shoulder area and luxuriously envelops your body, as if you were under a natural waterfall. At the same time, a powerful stream of water from two **WATER BARS** massages your upper and lower back, pleasantly relaxing your body. Therapeutic Kneipp affusions can also be carried out with the **AFFUSION PIPE**.

Dornbracht presents **LEG SHOWER**, an automated contrast shower for invigorating leg affusions. This refreshes your body after exercising or helps to build up the body's natural defences. The application has four **WATER BARS** mounted in the shower at calf-height.



TREATMENT

Comfort Shower



HEALTH BENEFITS:

- Mental relaxation
- Increases blood circulation
- Reliefs muscle fatigue



TIME OF DAY:

Perfect for a relaxed night

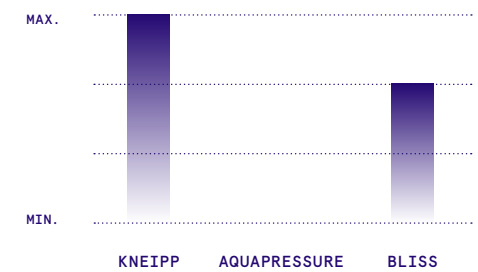
APPLICATION:

The Comfort Shower provides multiple treatments while sitting, from a relaxing back massage, arm and thigh affusions to invigorating contrast showers. This application introduces a new treatment that can elivate heavy legs in just 30 seconds by using cold water on your calves.

TIP

Using alternating hot water (min. 96°F) for 30 seconds, then cold water (max. 54°F) for 10 seconds and another 30 seconds of hot water will vitalize the body and help increase blood circulation.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



BIG RAIN



WATER BAR

WATER FALL
WITH PEARL STREAM

AFFUSION PIPE

KNEIPP THERAPY USES
WARM AFFUSIONS IN
THE NECK AND BACK AREA.
THEY ARE A GENTLE
WAY TO HELP EASE MUSCLE
TENSION.

— JOCHEN REISBERGER —
KNEIPP EXPERT



VERTICAL SHOWER^{ATT}



VERTICAL SHOWER^{ATT} combines different outlets and flow modes into unique water experiences. The massage shower provides many relaxing and health-enhancing water applications in your own bathroom – from neck massage to back massage.

VERTICAL SHOWER^{ATT} has three outlets that bring to life the therapeutic effect of the water in different ways. The **VERTICAL SHOWER^{ATT}** wellness shower is more than just water falling from above: it combines side sprays with a massage flow, targeting your back and shoulders and enveloping your body in water to an unforgettable spa experience.





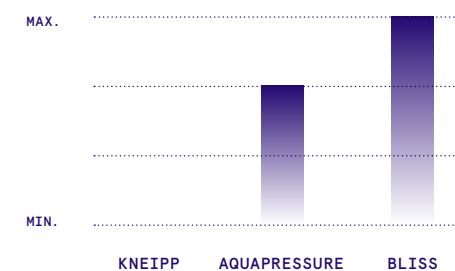


SIGNATURE TREATMENT

Balancing

Pleasantly warm temperatures and alternating massage flow intensities ensure a balanced loosening of the back muscles. The massage shower luxuriously envelops your body. Harmony is restored to your senses, you feel balanced and your mind is clear.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:

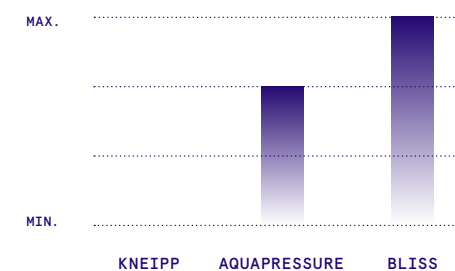


SIGNATURE TREATMENT

Energizing

Warm water and energizing massage flows thoroughly loosen and activate the neck and back muscles. The water pressure drives away tiredness and dispenses new energy – you feel refreshed, rested and ready for the day.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:

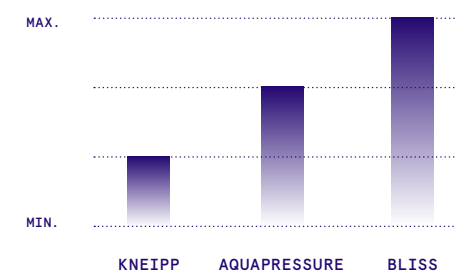


SIGNATURE TREATMENT

De-Stressing

The interplay of hot and cold temperatures and alternating massage intensities loosen up the back muscles. Tension is released and negative thoughts are removed. Your mind and body are pure and clear once again.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



SPECIFIC STIMULATION
OF SELECTED ACUPUNCTURE
POINTS HARMONISES
THE LIFE-FORCE ENERGY.
PROBLEMS SUCH AS TENSION
IN THE HEAD, NECK
AND SHOULDER AREA ARE
ALLEVIATED OR PREVENTED
FROM HAPPENING
IN THE FIRST PLACE.

— DR. CHRISTOPH STUMPE —
EXPERT ON
TRADITIONAL CHINESE MEDICINE



HORIZONTAL SHOWER^{ATT}



With **HORIZONTAL SHOWER^{ATT}**, you experience a fascinating water massage. The innovative massage shower brings a totally new feeling of relaxation that is only possible while lying down – tension melts away, everyday stress disappears and your body and mind feel noticeably revitalised.

The massage shower has six **WATER BARS** (soft massage jets) that are recessed above the area. Water falls onto your body in soft raindrops, ensuring a unique wellness experience that is as therapeutic as a massage. **HORIZONTAL SHOWER^{ATT}** can also be combined with different wellness applications, such as peeling or body scrub massages.





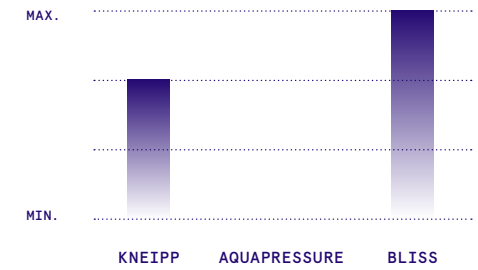


SIGNATURE TREATMENT

Balancing

Alternating volume and temperature of water simultanesouly starts at the shoulders and soles of your feet. The water slowly moves towards the midsection of the body, giving you the sensation of a gentle massage. This creates a wonderful balancing effect.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:

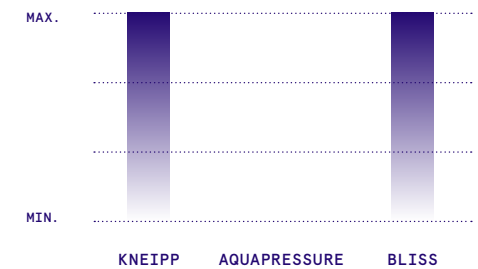


SIGNATURE TREATMENT

Energizing

With its cascade-style water presentation, this Signature Treatment invigorates the body and the mind. Fine streams of water are followed by intense, heavy rain, which in turn is followed by fine streams of water. Accompanied by several changes in temperature, this Signature Treatment dispenses new energy.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:

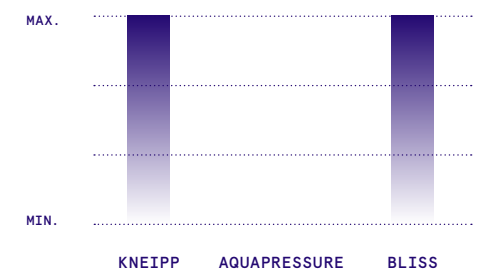


SIGNATURE TREATMENT

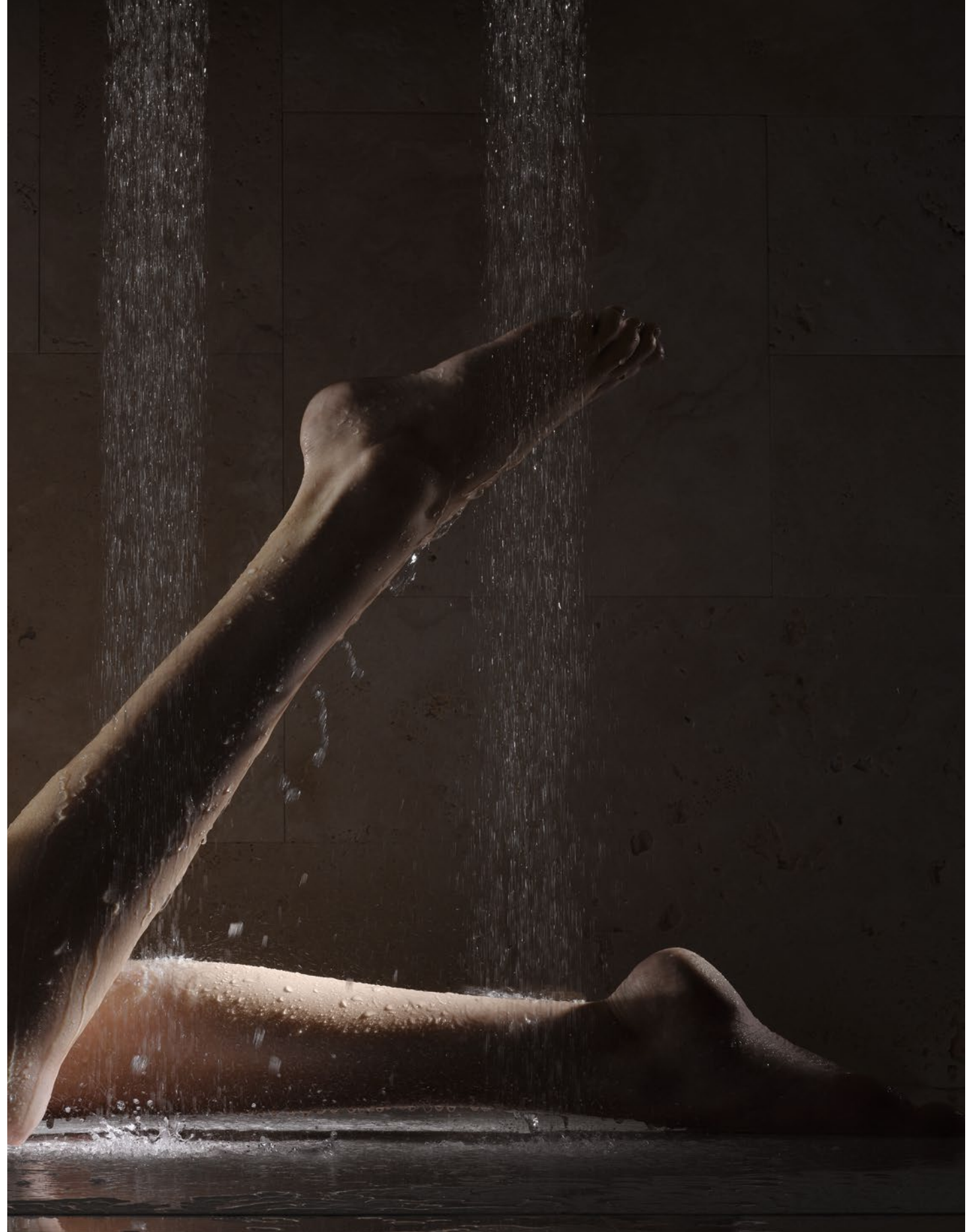
De-Stressing

You enjoy this Signature Treatment while lying on your back. Uniform raindrops fall from your shoulders to your feet, as the water heats up slowly and purposefully. A deeply relaxing water massage that melts away stress.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



THE HORIZONTAL SHOWER^{ATT}
ENSURES MAXIMUM
RELAXATION. YOU CAN
BE COMPLETELY
RELAXED LYING DOWN.



BE INSPIRED
BY OUR
LIFE SPA CONCEPTS!

Inspiration for planning a wellness bathroom & spa area — Dornbracht LifeSpa delivers new experiences to the private bathroom & spa, as well as to the exclusive wellness and hotel environment. It is an adaptable planning concept for wellness architecture that shows you how water can work and have a positive effect on your health and your personal life-force energy balance.

Dornbracht is here to advise you in your planning process of designing a wellness area that meets your client’s individual needs. The following pages will give you ideas on zoning, products, applications and materials as well as the perfect mood lighting for different spaces.

OTHER ARCHITECTURE AND PLANNING EXAMPLES
CAN BE FOUND AT:
LIFESPA.DORNBACHT.COM/ARCHITECTURE

SMALL SIZE PREMIUM SPA
BY SIEGER DESIGN

Dornbracht’s entire product portfolio has been devised and developed in collaboration with **SIEGER DESIGN** since 1985. They have created iconic designs for contemporary bathrooms. At the same time, Dornbracht has innovatively and timelessly changed the development of the bathroom/spa environment.

The SMALL SIZE PREMIUM SPA, or SSPS® for short, is a concept developed by **SIEGER DESIGN** to show that with intelligent planning, you can implement a home spa with exclusive features even if you do not have much room. In an area of only 64 sq. ft., this small, luxury bathroom meets the highest standards of comfort, functionality and quality of life.

The SMALL SIZE PREMIUM SPA is based on well-conceived zonal architecture and a functionally-oriented arrangement of elements. Only a glass screen separates the wet zone from the dry zone. The two areas merge seamlessly into an open and harmonious space.

The concept, which received the German Iconic Award in 2015, can be interpreted for different design and style worlds, with varying furnishings and a choice of materials, finishes and colors.

SMALL-SIZE-PREMIUM-SPA.COM





SMALL SIZE
PREMIUM SPA

BY SIEGER DESIGN

DORNBRACHT LIFE SPA
BY MEIRÉ UND MEIRÉ

Health is our most important asset. We live in an age where individuals are increasingly stressed, making physical and mental balance more important than ever before. With this in mind, the bathroom has an important role to play. It is increasingly turning into a private spa and health room.

Knowing this, we developed a **DORNBRACHT LIFE SPA** architecture. It is an adaptable planning concept for wellness architecture that shows you how water can work and have a positive effect on your health and life-force energy.

Discover how effortlessly and beneficially special water applications can upgrade your home bathroom to a private spa – and turn it into an important component of your very own personal health and wellness strategy.

LIFESPA.DORNBRACHT.COM



LIFE SPA

AN ADAPTABLE WELLNESS AREA IN
THE HOTEL AND FOR THE HOME

**ADDITIONAL INFORMATION ABOUT
PRODUCTS AND APPLICATIONS CAN BE FOUND ON:
LIFESPA.DORNBRACHT.COM**

**FOR SPECIFICATIONS, MAKE USE OF OUR
DORNBRACHT GROUP PROFESSIONAL:
PROFESSIONAL.DORNBRACHTGROUP.COM**

PRODUCT DESIGN: Sieger Design

PRODUCT DESIGN RAINMOON: Michael Neumayr

PHOTOGRAPHY: Thomas Popinger, Markus Jans,
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CONCEPT AND CREATION: Meiré und Meiré

PRINTING: M&E Druckhaus

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Vertical Shower^{ATT}: Dr. Christoph Stumpe

Horizontal Shower^{ATT}: Schienbein + Pier

We reserve the right to implement model, program or
technical modifications without prior notice.

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Dornbracht Group
Premium Solutions for Interior Architecture

