



a magical retreat



Louise O'Loughlin lets the stresses and strains of everyday life float away at the unique Nirvana Spa

The true meaning of the word Spa is a resort providing therapeutic baths and an area of mineral springs. Nirvana Spa ticks all the boxes with its pure water which comes from deep underground, within a natural chalk aquifer that collects rain water from hundreds of years ago.

The water in each Nirvana Spa pool is protected from pollutants and man-made influences and contains essential elements with numerous health benefits. The drinking fountains and even the showers come from this pure water source.

The Spa's hydrotherapy floatation pool is an absolute must because of its combination

of pure water source and Dead Sea minerals. You find yourself drifting, 100 per cent buoyant, to infinity. You enjoy a feeling of weightlessness while being gently manoeuvred by the soft current in almost darkness while looking up into twinkling stars which fill the ceiling.

Forty minutes in the floatation pool is the equivalent of six hours sleep. You can almost feel the activity levels in your brain drop, helping you to progress into a deeper state of relaxation.

It lowers your blood pressure, reduces pain and also improves stress-related conditions and digestive problems. For any pregnant

woman it is a heavenly experience.

Independent research has also shown that floatation can alleviate asthma, arthritis, rheumatism, sports injuries, multiple sclerosis, gastro-intestinal disorders, migraine and insomnia. It also works wonders on your skin. Float your troubles away! ●

fact file

Nirvana Spa, Mole Road, Sindlesham, Wokingham, Berkshire RG41 5DJ

Telephone: 0118 989 7575

www.nirvanaspa.co.uk

Email: info@nirvanaspa.co.uk

