

Jacuzzi® shower



A shower to arouse the senses: goes perfectly, both with the wellness treatments, sauna and hammam or can be used independently; abandon yourself to the different water patterns sprouting from various jets. All this, perfectly matched to a surrounding play of light, providing energy galore and complete relaxation.

functions

Showerhead

A "rainfall" jets, situated at the top of the shower unit, that stimulate the cardiovascular system, regulated so that they emit relatively cold water; they are ideal following a Finnish sauna, allowing you to enjoy a period of wellness **(in such an instance, avoid completely opening the tap: avoid using extremely powerful water jets; the head must be the last body part to be wet).**

Spray jets

Located on the sides of the showerhead, these jets provide a water delicate water massage to tone the body.

Waterfall

A water jet that springs from the walls; providing a soft massaging effect on neck and back muscles.

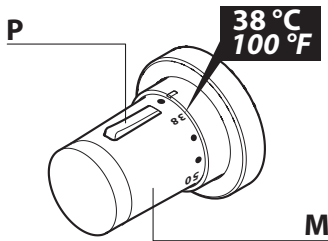
Shower

Ideal for refreshing yourself and toning the skin and muscles.

using the functions

Brassware

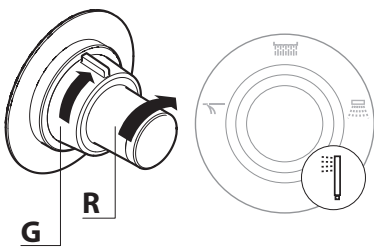
Before using this function, it is advisable to regulate the water temperature to the desired value.



■ Rotate the knob (M) so that the reference notch aligns with the preselected value. The knob is equipped with a safety stop that limits the temperature to 38 °C; to select higher temperatures, press the button (P).

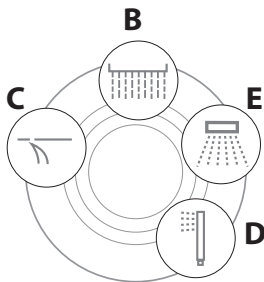


The maximum temperature of the mixed water must never exceed 45 °C!



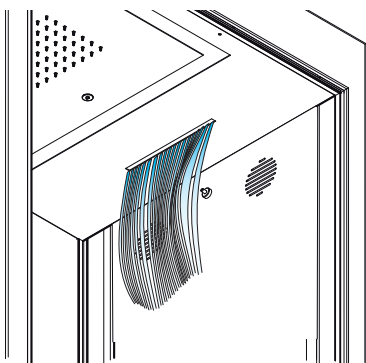
■ Testing the water temperature:

- take the shower.
- bring the diverter's ring nut (G) to the relevant position and turn the tap (R) so that the water runs.



■ When the water has reached the desired temperature, rotate the ring nut (G) to the position:

- B: if you intend to use the shower head.
- C: if you intend to use the waterfall.
- D: if you intend to use the shower.
- E: if you intend to use the spray jets.



Waterfall

The ceiling position releases a rainfall jet.



Following each use, remember to close the tap (R) and position the diverter's ring nut so that it aligns with the "shower head" symbol.

In the instance where temperatures exceeding 38 °C have been selected, position the mixer knob (M) before the safety stop.



Wellness treatments

Whether you want to rid yourself of the daily humdrum by having a sauna, whether you want to relax by immersing yourself in the hot steam of a hammam, Sasha offers a wealth of possibilities.

Using various programmes in succession, perhaps to the sounds of evocative music, emitted via the sauna and/or hammam's loud speakers, is a unique wellness experience and an incentive to spend more time looking after yourself.

Here are some possibilities:

"serialized" treatments

■ Begin with the programme with the lowest temperature and then you can "progressively" experiment with the effects of the higher temperatures.

With the sauna, select the **bio sauna** programme and then you can move onto the **Roman sauna** and then onto the **Finnish sauna**.

With the hammam, select the **tepidarium** programme and then you can move onto the **hammam** and then onto the **calidarium**.

"combo" treatments

You also have an even greater choice of "wellness" variations; here is an example of successive programmes, a simple suggestion. You are also invited to experiment with the multitude of variations offered by Sasha.

■ Begin with a hammam session (max. 30 minutes).

■ Step into the shower and use the spray jets at a slightly chilled temperature (the shower is also suitable for the purpose); successively rest for approximately 10-15 minutes.

■ Enter the sauna and select the "bio sauna" programme (approximately 10-15 minutes).

■ Step back into the shower and use the showerhead with a medium strength jet and chilled water (the shower also serves this purpose); next rest for approximately 20 minutes.

■ If you wish, have another sauna session at a higher temperature (for example, a Finnish sauna, approximately 10-12 minutes max.)

■ Enjoy a final energy rush provided by the shower jet or waterfall (relatively cold water) and a final relaxation session in complete tranquillity before returning to the daily grind.



Each programme must be used according to the instructions provided in the relevant chapters.

Do not exceed the recommended session lengths: always listen to what your body is telling you.

Jacuzzi® remote control system

Where the Jacuzzi® remote control system is installed, it is possible to activate the programmes via a computer or smartphone; these devices can be configured and used according to the instructions provided within the manual which comes with the system itself.

steady coloured lights

Cromodream®

The Cromodream® function simultaneously takes advantage of colour properties, stimulators, whilst playing with our mood. Particularly from a psychological perspective, the clear-cut colour sequences influence our state of well-being and emotional balance.

Cromodream® allows us to immerse ourselves in a coloured "bath", where lighting can be either steady or variable, according to the cycles selected via the display.



White. Operates as light colour overseeing appliance functions.



Sky Blue. Promotes relaxation and relieves stress, providing an appeasing effect on the central nervous system; suitable for relaxing, it additionally acts as a sleep adjuvant.



Orange. Gently increases blood pressure; it promotes vitality and has a "recharging" effect on those who are tired; it stimulates heavy breathing.



Yellow. Helps with concentration and combats depressive moods; it helps mood and general well-being, encouraging happiness and enthusiasm.



Green. It promotes sleep and reduces irritability; the neutral energy it provides, encourages balance, providing serenity and inner peace.

colour sequences



Relax

Formed of the following colours: blue/orange/sky blue/white; this sequence relieves stress and encourages relaxation; the orange hue offers warmth in this sequence composed primarily of "cold" colours.



Sunlight

A colour trio (yellow/orange/white), with short interspersions of sky blue and violet, reminiscent of the beneficial effects of solar light; yellow alternated with violet uplifts mood and improves general physical balance.



Cromodream

This cycle allows you to experience the entire colour range - colours appear in complimentary fashion, merging from one colour to the next, providing complete satisfaction.



When the main switch is turned on, the light overseeing appliance functions (white) automatically lights up.

matching
colour sequences
- Programmes

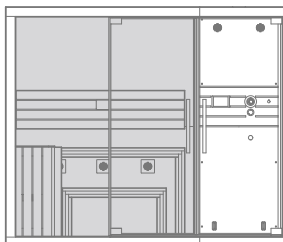


Each programme has a predefined light colour specifically designed to heighten those feelings of well-being and relaxation that Sasha offers.

Once the selected programme begins, the symbol indicating Cromodream® lights up on the display and the relative sequence will automatically initiate.

NOTE: once selected, the colour sequence (or steady coloured light) is the same for both the sauna and hammam modules.

Sauna



- Bio sauna

Matching sequence: *Cromodream*

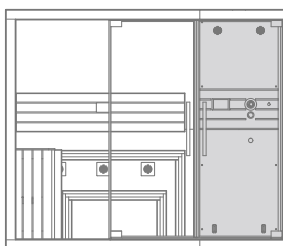
- Roman sauna

Matching sequence: *Sunlight*

- Finnish sauna

Matching sequence: *Relax*

Hammam



- Tepidarium

Matching sequence: *Cromodream*

- Hammam

Matching sequence: *Sunlight*

- Calidarium

Matching sequence: *Relax*

steady coloured
light selection



To change from one colour sequence to a steady coloured light, do the following:

■ Press the ON/OFF key: the colour sequence will be deactivated, the Cromodream® symbol will turn off and the set steady coloured light will appear on the display.

■ To scroll to the following colour, re-press the same key; the steady coloured light sequence appears in the following order:

white - sky blue - orange - yellow - green

Turning off

■ Select the fixed colour sequence and press the ON/OFF key until the light goes dark; if pressed again after going dark, the chromatic sequence associated with the active programme is reactivated.