

TEK ROOM

Zerobody

GUIDED MEDITATION

In this unique relaxation experience, you lie on a heated water mattress that will completely envelop the contours of your body. The effect of suspension and weightlessness is immediate, quickly followed by the soothing effect on body and mind.

The Zerobody experience is accompanied by a guided mindfulness meditation developed to help you reach a state of deep relaxation physically and mentally.



DURATION

30 minutes

AUDIO

Guided meditation or relaxation music

BENEFITS

Decreases muscle tension • Improves sleep quality
Activates blood circulation • Improves concentration
Establishes a deep meditative state

strøm
SPA NORDIQUE