

# BENEFITS OF PURO<sub>2</sub>

- Deep Cleanses Skin
- Reduces Stress
- Gives Supple Softer Skin
- Reduces Fine Lines & Ageing
- Improves Mood
- Provides Relief For Headache & Migraine
- Improves Concentration
- Promotes Better Sleep
- Heals Skin Conditions



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**REJUVENATE**



**HYDROTHERAPY  
CENTER**

(FIRST-OF-ITS-KIND)

## Hydrotherapy

With its many bountiful properties, water is essential for our everyday life. From drinking to bathing to using it miscellaneously, water plays a pivotal role in keeping us glowing & healthy. Hydrotherapy, also known as water therapy, is the practice of using water as therapy. Hydrotherapy is widely practised to offer rejuvenation and relaxation while treating skin impurities, stress, anxiety, and general fatigue. Incorporating Hydrotherapy into your daily routine can help elevate your active lifestyle.



## How does Hydrotherapy work?

Relying on its mechanical and thermal effects that induce healing, Hydrotherapy takes advantage of the body's reaction to cold or hot stimuli, the pressure exerted by water, the protracted application of heat, and the sensation of the water going deep into the skin by nerves. The oxygen-rich air bubbles in temperature-controlled water penetrate skin's pores in deep cleansing & removing impurities; the powerful blend of water & oxygen stimulates natural collagen production, giving you a soft, young, dewy & glowing skin.

A boon for anti-ageing, Hydrotherapy works as a natural moisturiser for dry skin, making it supple, fresh, wrinkle-less & gentle. Lingering below the water surface, the oxygen bubbles keeps the water warm giving you a relaxing experience. The negatively charged air bubbles blown into the water positively impact rejuvenation of both your body & mind while producing serotonin that neutralises free radicals tightening body muscles and strengthening the immune system, being a stress buster of your waging busy life.

Hydrotherapy is performed by being submerged in water like a pool or a bath. The process relieves the body of gravity's effects, whereas water induces a hydrostatic effect and a massage-like feeling, kneading your body to relaxation.

