

# Ice Fall





The icefall is the cold reaction that best matches the high temperatures of the cabins in the spa.

When exposed to high temperatures, our body endorses a false fever that activates the immune system. A dive into the snow or immersion in the cold water is fundamental to restore the body temperature to normal standards and to feel good and energised again.

To obtain a true stimulating effect, the **ice crystals** must be massaged on the body starting from the lower limbs, giving a complete wellness path that previously started in the steam and heat baths.

