

# Balancing Waters Rituals

Ohne:kánuš (water)

The Oneida people have lived in harmony with nature for hundreds of years. You are invited to enjoy the powers of water, an important life force according to Oneida teachings. The progressive steps taken in the Balancing Waters Ritual are designed to be relaxing, yet stimulating to the circulatory and central nervous system. The therapeutic balance of waters includes the alternate use of hot and cool water treatments as well as steam baths and dry inhalation. Experience an increase in circulation, detoxification, release of muscle tension and the tranquilizing effect of relaxation and balance as you participate in the experience. Allow 40 to 50 minutes before your spa treatment to complete a Balancing Waters Ritual.



## *Your guide to “The Balancing Waters Ritual”*

### *Step 1 – Steam Room*

The Steam Room enhances circulation, encourages relaxation and removes toxins via perspiration.

*5 to 10 min*

### *Step 2 – Cool Shower*

The cool shower brings the body temperature back down and further increases circulation and vigor.

*1 to 2 min*

### *Step 3 – Sauna*

The Sauna reduces muscle tension, assists relaxation, relieves respiratory congestion and soothes the nervous system.

*5 to 10 min*

### *Step 4 – Cool Shower*

The cool shower brings the body temperature back down and further increases circulation and vigor.

*1 to 2 min*

### *Step 5 – Mineral Whirlpool*

Whirlpool circulation of mineral waters is restorative, relaxing, and elevates circulation while soothing the nervous system.

*5 to 10 min*

### *Step 6 – Relaxation Room*

A relaxing environment to nurture the body as you drift off in your private respite to wait for your spa therapist to greet you. The shedding of stresses and the increase of circulation allows you to better receive the benefits of your spa treatments.

*10 min or longer*

Enjoy the privacy of the men's or women's relaxation areas. You are also invited to bring your bathing suit and relax in the co-ed mineral pool located adjacent to the men's and women's locker rooms.

\*Please be mindful of the high heat treatment contraindications posted by the steam room, sauna and whirlpool.

