# **TUI BLUE Ephesus**

#### Pamucak

For our Summer Season Concept between the dates of 01/05/2022 - 31/10/2022

# All Inclusive

### **Size Information**

The facility, which has an area of 90.000 m<sup>2</sup>, has 238 rooms.

### Location

Located on Pamucak beach; It is located 8 km from the center of Kuşadası, 65 km from Izmir Airport.

# **Beach**

The hotel is situated on the seafront and has 1 wooden pier of 150 m and has a sandy beach with a length of 300 m. At the pool and at the beach; sun umbrellas, towels and loungers are free of charge.

At the facility; there is a family beach, beach supervisor, playground and 1 family jetty.

# **General Information**

Located on Ephesus Beach, close to Ephesus, one of the World Wonders, TUI BLUE Ephesus welcomes its guests to an All Inclusive concept. A la carte restaurants and the main restaurant that offers open buffet service, delicious meals with stylish meals at all hours of the day, the facility offers a children's buffet for the little guests.

The resort offers unlimited entertainment and activities for children, and a mini club with experienced instructors.

# **Aquapark**

F.C. Gold Choice Winner, European Star Award Europe's Best Water Parks Nr.4 (2013)

4000 pax capacity, 31 slides; Master Blaster Family raftslide, Boomerang slide, 2 Speedslides, Head-down, 3 Gang slides, 1 Body and 2 Open Tube slides, 2 Enclosed Tube slides and different types of children slides, children's section with Treasury Island, Wave Pool creating 7 types of wave, 400 meters long Lazy River, swim up bar with adults jacuzzi, adults pool, fast food units, free sunbeds and umbrellas. Treasure Island; Biggest Child Friendly Children Pool in Turkey, "Pirate's Ship" with 6 slides and interactive toys, "Submarine Octopus" slide complex, Frogslide and Wreckship, (2) 4-12 ages group slides, (3) zero/entry toddler pools with toys.

Unlimited free Access to Aquapark for the hotel guests.

### Food / Drinks

Free buffet meals in the morning, lunch and dinner. Local alcoholic and non-alcoholic beverages are free throughout the day between 10.00 and 24.00. Hot drinks; coffee, espresso, cappucino, Turkish coffee, Turkish tea and aromatic herbal teas are served. Beverage service continues 24 hours in Atrium Bar. (Between 00.00 and 10.00 extra chargeable).

Marios and TavernaA la carte restaurants can be used once per week according to availability. Reservations need to be made 24 hours at the A La Carte reservation Kiosk next to the Guest Relations Desk. Minibar is empty and room service is available. (Prices in the room)1.5 I bottle of water will be put daily in the room. Drinks are served to the table at breakfast and dinner. Fresh squeezing juices and smoothies will be presented during breakfast and can be purchased at the Thea's Coffee Shop during the day time. Ice cream varieties are provided free of charge in some areas and time zones that the facility has determined.

Beach Bar 10.00 - 00.00, Caribbean Bar 10.00 - 00.00, Atrium Bar24 hours, Thea's Coffee Shop 10.30 - 17.00

<sup>\*\*</sup> Food and drinks in the aquapark are extra

<sup>\*\*</sup> Basic Rules for Aquapark: It is not recommended for people with physical disabilities, overweight, neck, back and heart complaints and pregnant women to use the slides. Children under the age of 12 must be accompanied by an adult during the activities. Children and people under 120 cm (48") and 140 cm (56") tall are not allowed to use some slides. All babies and toddlers under the age of 3 are required to wear approved "swim diapers". For more information about rules and regulations for our Aquapark please visit park.aquafantasy.com

# **Service Times**

07.00-11.00 Breakfast

07.00-11.00 Kids buffet breakfast

11.30-16.30 A'la Carte Snacks

12.30-14.30 Lunch

12.30-14.30 Kids Lunch

12.30-14.30 Ice cream

16.30-17.30 Cookies

18.30-21.30 Dinner

18.30-21.30 Kid's buffet dinner

18.30-21.30 A la Carte Restaurants

23.00-00.00 Midnight Snack

11.30-16.30 Take Away

#### A LA CARTE RESTAURANTS

- Taverna A la Carte Restaurant
- Marios A la Carte Restaurant
- Marine A la Carte Restaurant (Extra)

### **Events & Facilities**

In addition to the facilities; Postal service (postage paid), 2 tennis courts with clay floors are free of charge. (Tennis equipments are extra chargeable)

On birthdays; a fruit basket and wine, greeting card and one la carte restaurants is offered. Reservations required at the Guest Relations desk where also Birthday Cakes can be ordered.

# Sports / Entertainment

Live music program and themed parties are organized throughout the day.

Banana, jet ski, ringo, big mable, waterski, parasailing, windsurfing (free with license) and sailing are among the paid activities offered to the guests. Pool is open between 10.00 and 18.00 and lifeguards will be on duty between those times. Our indoor pool will be open between 07.00 and 18.00.

The resort also offers a children's section on the main pool, a baby pool, an indoor pool, a kids pool with 3 water slides (open between 10.00-12.00 and 14.00-17.00.) and an Aqua park with 31 slides, a wave pool and a lazy river where our hotel guests have free unlimited access too.

# Baby/ Kids / Teenagers

**For babies**; Baby swim diapers are available in our market. The main restaurant has yogurt and milk and there is a blender available to prepare baby food. In case of need; (according to availability) baby bathtub, bottle heater and baby strollers can be rented.

**The Baby Club crèche** is open six days a week for up to three two-hour sessions a day, as well as some evenings. Fully trained staff are on hand to look after 0 to 3-year-olds, and there are toys from leading companies for them to play with.

**For kids;** A la carte restaurants offer children's menu service. The Kid's club organizes fun activities between 10.00 and 21.00. At the playground in the garden, the children run from adventure to adventure. Guests can use the chairs, microwaves and blenders in the main restaurant if needed.

# Kids' Club by TUI BLUE for 3 to 11-year-olds

Designed for 3 to 11-year-olds, our kids' clubs offer two hours of themed activities, six days a week. To ensure all activities suit your little and not-so-little ones, we've split the clubs into age groups and tailored the activities for each. There's **Bamse Club** for 3 to 5-year-olds

@611 Club for 6 to 11-year-olds.

**Nearly** all our kids' clubs are free, with evening activities available at a small charge. For your peace of mind, all of our kids' club team are trained to UK standards and have undergone relevant checks.

#### The Hangout

The Hangout is a spot where teens aged from 12 to 15 can chill out and relax in their own space.

#### **SMILING BABIES**

Reception: Baby stroller \*, bottle warmer\* and playpen\*.

Room: baby bed, baby bath, cartoon channels.

Main Restaurant: Children buffet, high chair, microwave oven, blender, yogurt, milk, juice, baby food, chicken, meat andvegetables (for parents to prepare food)

**Baby Lounge**: There will be cots available within the lounge, refrigerator, bottle warmer, kettle and microwave. Small kitchenette area including a kitchen sink with draining board. Toilet and baby changing area within the lounge.

# **Further General Information**

Wireless internet (Wi-Fi) is available in all public areas and in all rooms.

Married couples who will benefit from the honeymoon package must show their marriage certificate at check-in during their stay within one month of the marriage date.

The entrance time to TUI BLUE Ephesus rooms starts from 15.00. Check-out time is 12.00. Pets are not allowed in the property. The use of open spaces in the facility depends on seasonal conditions and the hotel management has the right to change the times and places for bars and activities.

All Inclusive accommodation, which is included in the facilities, starts with dinner on arrival day and ends with lunch on departure day.

The accommodation will not be refunded if any of the guests will leave the hotel early.

#### **Features**

Baby friendly	Child friendly	Special health request
Wheelchair friendly	Honeymoon	Spa resort
Young friendly hotel	Adult friendly hotel	Aqua park hotel
Green star	Special summer event	Blue flag

# **Baby Friendly Details**

Outdoor playground	Baby mini club	Baby changing units in public toilets
Baby cot	Necessity to prepare food	Kettle in the room
Bottle warmer	2 times daily cleaning service upon request	

<sup>\*</sup> Detailed information about the extra and free services offered within the Baby Friendly theme will be provided in the facility.

# **Child Friendly Details**

Ice cream service	Hamburger, sandwich and french fries	Kids buffet area in main restaurant
Free Wi-fi in public areas	Entertainment and activities for children	Kids club
Children's cot	Special child care mini club staff	Pizza
Outdoor playground	Kids pool	Birthday cake

<sup>\*</sup> Detailed information about extra and free services offered within the Child Friendly theme will be provided in the facility.

<sup>\*</sup> with deposit, extra chargeableaccording to availability.

# **Special Health Request Details**

Special buffet for vegetarians Special diet buffet in main Food options available for any allergy

restaurant or other health conditions

Pillow service available Special food service available in Possibility to choose your room

case of specials needs location

Asthma, allergy etc. room cleaning service 2 times per day in required cases

# Wheelchair friendly details

Accessible to the beach Special toilets in public areas Wheelchair accessible indoor ramps

Wheelchair accessible outdoor Sliding wardrobe doors Room card holder and socket, no

more than 100cm

Special adapted bathrooms Adapted rooms for your comfort Easy accessible first floor rooms

Standard wheelchair ramp at facility 
Specially reserved disabled parking 
Elevators present in main building

entrance

# \* Honeymoon details

- · Fruit basket and wine in the room upon arrival
- Breakfast in the room once during your stay (reservation required)
- Priority booking one evening in one of the a la carte restaurants (Taverna or Marios) (reservation required)
- 20% discount in our Spa Centre.
- Bathrobe and slippers and in the room.
- Special room decoration

### **Facilities**

Steam room Yoga WIFI Carpark Hamam Bar

Open restaurant Sauna Fitness center

Boccia\* Full animation Beach volleyball

Dart\* Waterslides Aerobic

Swimming pools Football Water Sports (Kano, pedalo

windsurfing with licence)

Kids slides Aqua gym Motorized water sports\*

Kids club Kids pools Kids buffet

Self Service Laundry\* Kids entertainment Kids playground
Hairdresser \* Market\* Amphiteater
Laundry service \* Telephone service \* Massages \*

Doctor on call \* Nurse (24 hours) Spa center(09:00-20:00) \*

Tennis court lighting\* Photo service \*

Services marked with \* are chargeable

<sup>\*</sup> Detailed information about any required extras and free services offered concerning any Special Health Request will be provided in the

<sup>\*</sup> Detailed information about the extra and free services offered within the context of the Wheelchair services will be given in the facility.

# **Standard Room**

Standard rooms of 25 m<sup>2</sup>. Rooms have one double bed and one single bed. Maximum 3 adults or 2 adults + 1 child.

Cleaning service Tile or laminated floor Safe box

LED TV Balcony Hairdryer

Satellite broadcasting Electronic key system WC

Airconditioning Minibar Shower

Smoke detector WIFI Kettle

Tea & coffee setup Telephone \*

Services marked with \* are chargeable

# **Family Room**

Family Rooms of 32 m². Rooms have one double bed, one single bed and one sofa. Maximum 3 adults and 1 child.

Cleaning service Tile or laminated floor Tea & coffee setup

Safe Box Balcony Smoke detector

Telephone \* Electronic key system Minibar
Airconditioning LED TV WC
Kettle Satellite broadcasting WIFI

Shower Hairdryer

Services marked with \* are chargeable

# **Family Suites**

Family Suites of 37 m<sup>2</sup>. Rooms have 2 bedrooms, one with double bed and one with 2 single beds and 1 bathroom. Maximum 4 adults and 1 child.

Cleaning service Tile or laminated floor Tea & coffee setup
Safe Box Balcony Smoke detector

Telephone \* Electronic key system Minibar
Airconditioning 2 LED TV WC
Kettle Satellite broadcasting WIFI

Shower Hairdryer

Services marked with \* are chargeable

# **Superior Family Suites**

Superior Family Suites of 55 m<sup>2</sup>. Rooms have 3 bedrooms, one with double bed and,two rooms with 2 single beds and 2 bathroom. Maximum 6 adults and 1 child.

Cleaning service Tile or laminated floor Tea & coffee setup
Safe Box 2 Balconies Smoke detector

Telephone \* Electronic key system Minibar
Airconditioning 3 LED TV 2 WC
Kettle Satellite broadcasting WIFI

2 Showers Hairdryer

Services marked with \* are chargeable

# Villa

Villa of 90m<sup>2</sup>. 2 floor villas, on the top floor one room with double room and one room with 2 single beds.

Cleaning service Tile or laminated floor Tea & coffee setup
Safe Box 2 Balconies Smoke detector

Telephone \* Electronic key system Minibar
Airconditioning 2 LED TV 2 WC
Kettle Satellite broadcasting WIFI
Shower Hairdryer Jacuzzi

Services marked with \* are chargeable

# Spa / Wellness

# Massages:

## **Aromatherapy Massage**

A method of massage using oils obtained from a mixture of plant extracts which have powerful effects and can easily be absorbed by the skin. This massage features low rhythms, light movements and full relaxation. This leaves a soothing and relaxed body. 30/50 min.

#### Zen Massage

A perfect escapade for feeling renewed. Applied at lower or medium levels of intensity, this Swedish massage reduces stress, accelerates blood circulation, relaxes muscles and refreshes your mind. 30/50 min.

## **Therapist's Choice**

Let our therapist create a treatment appropriate for your specific needs. Each therapist uses a combination of massage techniques to create a perfect therapeutic care experience. Our therapists start this care with reflexology. 60 min.

### **Deep Tissue Massage**

The tension within your body settles within deep tissues and muscles causing your muscles to ache. Deep Tissue Massage is a regulative and therapeutic massage designed for problematic areas. It is extremely efficient for disposing of toxins out of your body and it is especially preferred by those who like tough massages. Deep tissue massage is a perfect method for relaxing physically, psychologically and mentally, solving blockages and stimulating energy flow. 50 min.

#### **Back Massage**

In this therapy, muscles are loosened and pains and aches are attenuated. Since nerves start from the backbone and are distributed throughout your body, this massage directly affects your nerves and relaxes your nervous system. It is especially efficient in the elimination of problems such as headache, insomnia, stress, back and neck pains and cricks.25 min.

# **Bronzing Massage**

Our organic sun tanning oil provides ultimate protection. Both carrot and cocoa oils provide utmost tanning while protecting the tissue from sun's detrimental UV lights. This product presents one hour protection and we suggest you remain out of direct sunlight between 11:00am and 15:00pm.50 min.

#### King & Queen Massage

A therapy that makes you feel like a king and a queen in a luxury environment. Two expert therapists will apply a whole body massage with synchronized movements. This synchronized movement of four hands at the same time, leaves you with an unforgettable experience. 60 min.

### **Gold Massage**

Using massage oils contain atomized gold powder that generates a golden shiny look on the skin. Our essential oils, hazelnut and sweet almond, are quickly absorbed by the skin as particularly the hazelnut oil penetrates through the skin very rapidly. Because of the nature of hazelnut oil, these products are very rich in vitamin E. This leaves a soothing and relaxed body. 60 min.

# Exotic Massage in open air

A smoothing massage therapy with Classical Swedish Massage at the Balinese House in the peaceful and calming garden of SPA or on the beach. 30/50 min.

#### Sunburn care

Our completely organic centaury-almond-aloe Vera oil mixture is used to improve inflamed areas that may occur during unprotected tanning sessions.

#### **Anti-Cellulite Massage**

Cellulite massage activates blood and lymph circulation and provides a tissue filled with fresh oxygen. With special cellulite oils, orange peel like appearance under the skin can be destroyed. For a better result, we recommend 3 sessions are taken over a week: 25 min.

# World's Famous Massages

This is a holistic experience by creating a healing energy flow between the therapist and you...

#### Hawaiian LomiLomi Massage

Meaning "massage" in the Hawaiian language, "LomiLomi" is the soft Hawaii Massage executed by one or more therapists. It is a rhythmical and flowing massage type that is applied particularly on the arms and elbows parts of your body; LomiLomi reduces stress by bringing out happiness and relaxation, for an experience that is just like a beautiful dance. Your articulations get loose and your spirit is liberated with these warm-hearted and welcoming touches, sweet smelling warm body oils and Hawaiian music, thus a deep relaxed feeling is achieved.60/90 min.

#### **Bali Massage**

This massage is unique to the Indonesia's Bali Island. It starts a foot massage, and continues with a long strong touch gliding over the body. Increasing effective pressure to release the body's energy, leaving you with a renewed and strengthened body. Natural oils will be used during the massage to release muscle tension and accelerate blood circulation in the whole body. Your mind will feel an extraordinary relief. 60/90 min

## Thai Massage

This is a massage of Far East Thai-origin which includes pressure movements on the points over the energy channels in your body, in order to ensure energy flow balance. The massage also includes passive yoga movements on a large ground cushion for the flexibility and activity of articulations. In general, stretching and pressing movements are dominant in this massage. At the end of a Thai massage, the person obtains a perfect result. All of the muscles of your body relax, gains wellness and your energy reaches a peak level at the end of this Thai massage. The feeling of rest and the elimination of stress during this massage is maintained for a long while.60/90 min.

### **Indian Head Massage**

This massage was born out of Ayurveda which is the "science of life" in India. Indian Head Massage is a special massage that is applied with aromatic oils in the upper body, shoulder, neck, scalp, hair and face regions. It accelerates blood circulation and reduces stress by relaxing your muscles with its special technique. It relaxes and rests your mind and cleans you of the problems stored within your body from emotional stress .45 min.

### **Hot Stone Therapy**

This therapy begins with placing heated volcanic stones on certain parts of your body. Sliding and rubbing volcanic stones on your body absorbs the stress and aches in your body. This therapy removes throws toxins from your body and ensures relaxation and deep circulation, which is extremely important for the lymph system. 60 min.

#### **Foot Reflexology**

As Leonardo Da Vinci said, "feet are a wonder of engineering". Reflex points within the feet, correspond to all other points throughout the body. It is a pressing technique applied with the hands and fingers. With this method the body's own mechanism of self-treatment are enhanced by physiological activation and relaxation of the body... 45 min.

#### Ayurveda

An ancient therapeutic healing massage which originated in India more than 5000 years ago. The meaning of the word is the science of life. Ayur means life and veda means science. The purpose of this massage is to restore integrity of body, soul and mind. It calms the soul and gives vitality. It opens all the energy channels and contributes to restoring the joy of living. Therapists start this massage with a very special hot oil. 60 min.

# **Babor Facial Care & Body Care**

Before we start all of our skin care therapies, we make a full skin analysis of our guests and inform them on the best skin

productssuitable to them and how they should apply and use them. The German brand "Babor" which has received many awards

in the world is used by our Spa for skin and body care.

#### Anti - Ageing Care

Treat yourself to this unique skincare experience. Skin cells lose the ability to divide over the years until they die altogether, resulting in wrinkles and other signs of aging. This Facial Care extends the life of skin cells and actually slows the aging process for beautiful results. The skin ages slower and keeps its youthful and elastic look longer. Reduces fine lines and wrinkles. Intensively firms the skin. 110 min.

#### **Sensational Eye Care**

Natural facial expressions and many environmental factors take their daily toll on the eye area, which is the most delicate part of the face. This treatment protects the beauty around the eyes. Meets all requirements for radiant, beautiful and attractive looks 30 min.

#### **Champagne Care**

Achieves a balancing act, providing gentle and sensitive yet thorough and effective care for your skin thanks to the natural ingredients it contains, which are tailored exactly to the needs of all skin types. These have a regulating effect on the skin flora and thus combat impurities in the skin, giving the skin structure a visibly refined appearance. 80 min.

#### Wrinkle Filler Care

Our facial expressions are what make us unique. But they also leave their traces. Over time, every laugh, every wink or frown causes micro tensions in the skin. The result is expression lines. Protects your skin against ageing and is therefore the ideal bodyguard for your skin. The skin regains its youthful appearance, expression lines are smoothed, visibly minimizes the depth of wrinkles. 80 min.

#### Gentleman's Facial Care

Whether at work or in your private life a well groomed appearance is becoming more important in today's world. The sleek facial care and fragrance range with a fresh, tangy note for the sophisticated, sporty and elegant man. These have a regulating effect on the skin flora and thus combat impurities in the skin, giving the skin structure a visibly refined appearance. 60 min.

#### **Facial Care Cleansing**

Achieves a balancing act, providing gentle and sensitive yet thorough and effective care for your skin thanks to the natural ingredients it contains, which are tailored exactly to the needs of all skin types. These have a regulating effect on the skin flora and thus combat impurities in the skin, giving the skin structure a visibly refined appearance. 80 min.

### **Complex C Care**

Stress, fatigue and tension also take their toll on your skin and it shows. Complexes C, the vitamins C, A and E specially encapsulated in multivitaspheres have a cumulative effect and are gradually released into the skin. Gives the skin a healthy and vibrant appearance. 70 min.

### **Face Clay Mask**

This mask is applied on your face with a special mud, featuring in rich minerals. It nourishes your skin, thanks to its rich content. Enables you to have a brighter appearance.10 min.

#### **Classic Facial Care**

Every woman is different, and so is her skin. Having a daily skin care regimen tailored to the various needs of your skin is essential to maintain your own unique beauty. A personalized skin care system is customized for every skin type – for beautiful and lasting radiance. 60 min.

# **Pressotherapy**

This therapy accelerates lymph and blood circulation by means of tightening and loosening the legs and eliminates fatigue and swellings. It helps to eliminate celluloid. It includes a head massage for a deep tranquility.25 min

### Lifting and Feeding Seaweed Care

Seaweed is known for centuries as a healing power tool and is used as a natural skin care. During this therapy a special heated blanket is wrapped around your body which slims and tightens your skin. Your whole body relaxes cocooned in this warmth.35 min.

# Starvac

This is a professional system designed to eliminate cellulite by stimulating lymph nodes, thinning your body and disposing of toxic substances. This special equipment enables us to fully work your body and then a deep massage afterwards leaves you in a full relaxed state. 30/55 min

### **Body Polish**

Dead cells in the skin are cleansed by massaging the whole body with aromatic oils and softened sea salt. Blood circulation accelerates, the skin gains minerals. This care enables your skin to look smooth, soft and silky. 30 min.

## **Toxin Removing Cellulite Seaweed Care**

First your body is encased completely with Thalgo Seaweed. The body is made to sweat and this pores are opened with the perfect composition of steam and infrared heat, enabling the penetration of seaweed into the skin to be accelerated. After this treatment a 360 degree Rain Shower experience will dispose the toxins from the body and accelerate blood circulation.60 min.

### **Gold Peeling**

A Gold mask containing atomized gold powder that generates a golden shiny look on the skin. When the peeling is applied, it remoives dead skin and allows the aroma as well as our essential oils to penetrate subcutaneously.30 min.

### **Mini Facial Care**

Enjoy the emotional relaxation combined with cleaning. Improves elasticity, banishes tiredness. 30 min.

#### Clay Body Mask

This mask is applied throughout your body with a special mud, featuring in rich minerals. It is used for loose skin and for weight loss. It nourishes your skin, thanks to its rich content. Enables you to have a smoother, brighter appearance. 30 min.

# The Turkish Bath "Hamam" & Water Rituals

Everything starts with a pleasant Turkish Bath ...

#### **Traditional Turkish Bath:**

This pleasant experience starts with a single-use glove, peeling the dead cells away the taking the toxins out of your body. Opening the pores makes your skin, breathe more easly. Then it is time for the soap foammassage which accelerates blood circulation.

Now your body is ready for the Spa treatments. 30 min.

### Sultan's Massage:

After the completion of peeling, a thick layer of clay is applied onto your body. After waiting for 15 minutes; we wash off the clay and start the foam massage.

(Clay nourishes and smoothes your skin with its tich ingredients abd also provides your skin to be brighter and alive) 60 min.

### Foam Massage for Children:

Of course we didn't forget the children! You can enjoy this pleasure with your whole family, with the ritual of a Turkish bath performed exclusively for children. 15/30 min.

### **Traditional Turkish Foam Massage:**

This traditional foam of massage is preformed in the hamam using special soaps containing local olive oils and flower extracts. After this application you will have a fresh ad rejuvenated soft skin like a baby's. 30 min.

### **Coffee Peeling:**

Freshen up your body with unique ground coffee. The body peeling experience leaves your skin smooth and silky, accelerates blood circulation and exfoliates dead skin cells. 30 min.

#### Cleopatra Milk Bath:

For dry skin and a perfect coice for those who want to be pampered. You will enjoy a jet-water, milk bath massage, which will bring a silky and vibrant look to your body.

Relax in luxurious atmosphere, with a nice, chilled wine, Alternatively try, our seaweed or aroma oil baths. 30 min.

#### **Balneotherapy Multi Jet Bath:**

This is a water therapy that restructures and refreshes your body, promotes circulation and eliminates pain and stress. You can choose among the options of micronized seaweed, aromatic or milky essentials for your state of mind and desires. 30 min.

### **Experience Spa Jet:**

When the water massage starts, the pressurized water jets, massaging from your skin to nerves, then to the deeper parts of your body. In the meantime the lights of the room get weaker and the magic of colour therapy starts. The colours reflecting on the water, affect your psychological state in various forms, setting a side your anxieties! Discover the power of colours and water in your inner and outer world... 30 min.