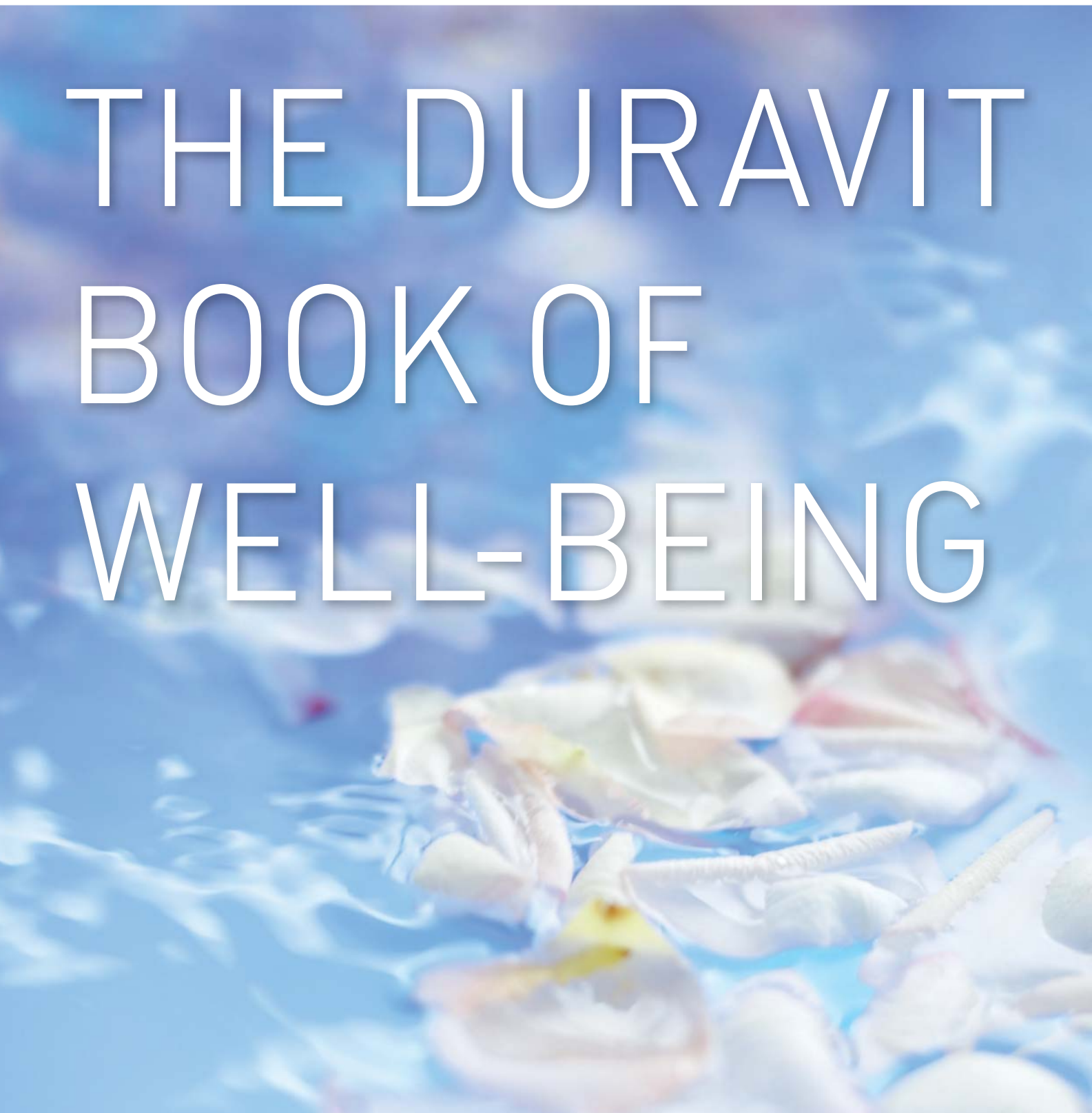


Leben im Bad
Living bathrooms



THE DURAVIT BOOK OF WELL-BEING





Why do people wish each other health and happiness?
Perhaps because, despite prosperity, success and
other promises, there is nothing more valuable. However,
feeling good is essential for health and happiness.

Andrej Trelkovsky

HAVE YOU BEEN
FEELING GOOD TODAY?







Wellness is coming home. Despite all the short-lived fashions, trends and hype, “wellness” has become an enduring and serious part of our lives. A whole movement, some would even call it a way of life, has sprung up around the simple word “wellness”.

Perhaps because our everyday lives are increasingly characterised by speed, by ever growing demands in the workplace and – quite literally – by breathtaking leisure activities. This is summed up in a single word: stress. It’s almost impossible to avoid but, for the sake of our health, it’s important that periods of stress are followed by periods of quiet and relaxation. This, too, is summed up in one word: wellness.

Wellness has many faces: it’s a refreshing bath in a whirltub and a fragrant cup of tea, a sauna session and curling up with a good book, an invigorating Kneipp treatment and a delicious fruit cocktail.

In other words: wellness is switching off, letting go and reconnecting with yourself. Wellness is the promise of well-being, comfort and greater quality of life. The ways of achieving it are as different as the people striving for it. However, the common denominator is where many wellness applications meet: the bathroom.

Duravit would like to make a few suggestions. With products for wellness within the comfort of one’s own home. With tips that boost your well-being. With valuable information about an inexhaustible subject.



THE SAUNA EXPERIENCE.

SAUNA MODULES FOR THE BATHROOM AND THE LIVING AREA.



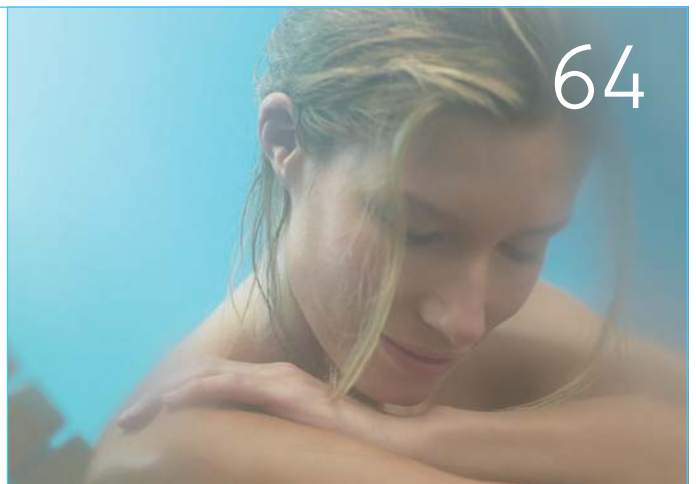
BATHING IN A POOL.

COMFORTABLE POOLS FOR INDOORS AND OUTDOORS.



STEAM SHOWERING.

MULTI-FUNCTIONAL SHOWER SYSTEMS.



BATHING & SHOWERING.
BATHTUBS, WHIRLTUBS,
SHOWER TRAYS.

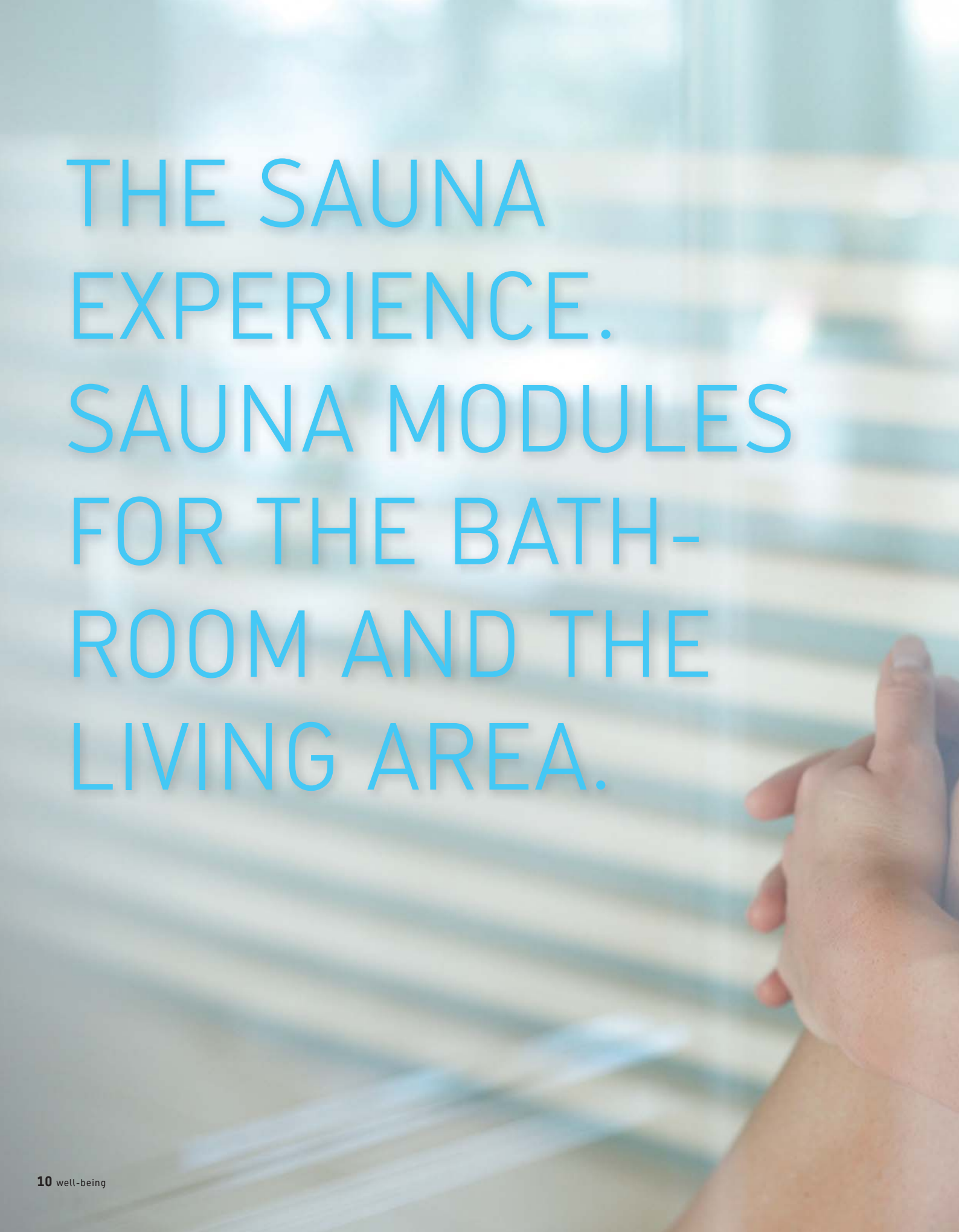


LIGHT IN THE BATHROOM.
FUNCTIONAL AND
ATMOSPHERIC LIGHTING.



THE FEEL-GOOD ABC.
IMPORTANT INFORMATION
ABOUT WELLNESS, ETC.





THE SAUNA
EXPERIENCE.
SAUNA MODULES
FOR THE BATH-
ROOM AND THE
LIVING AREA.





From Asia to the rest of the world: the sauna started out on its remarkable journey thousands of years ago.

The history of the sauna could date back to the Stone Age. Just mere coincidence? After all, the sauna principle is based on heated stones. The first references are found in East Asia, from where the sweat bath embarked upon its journey around the globe. It travelled as far as North America, then still connected with Asia via a land bridge. In this way, so the theory goes, the first people not only arrived and settled on the new continent, they also brought the concept of the sauna with them. Thousands of years have passed since then and, over the passage of time, the sauna has established itself as a fixed part of our bathing culture. In Finland, they are an essential part of everyday life and virtually every household – even rented and holiday accommodation – has a sauna.

A sauna that doesn't have to hide away in the cellar.

However, for the majority of the world's population, a private sauna is still a luxury that not everyone can afford. So it's strange that this luxury object is often found in the cellar, somehow shut off from the rest of the living area. Working with the Vienna-based design team E00S, Duravit

has thought about how to take the sauna out of its dismal cellar existence and into the bathing and living area. The result is an innovative sauna concept – Inipi.

The name says it all: Inipi means nothing more than "they sweat".

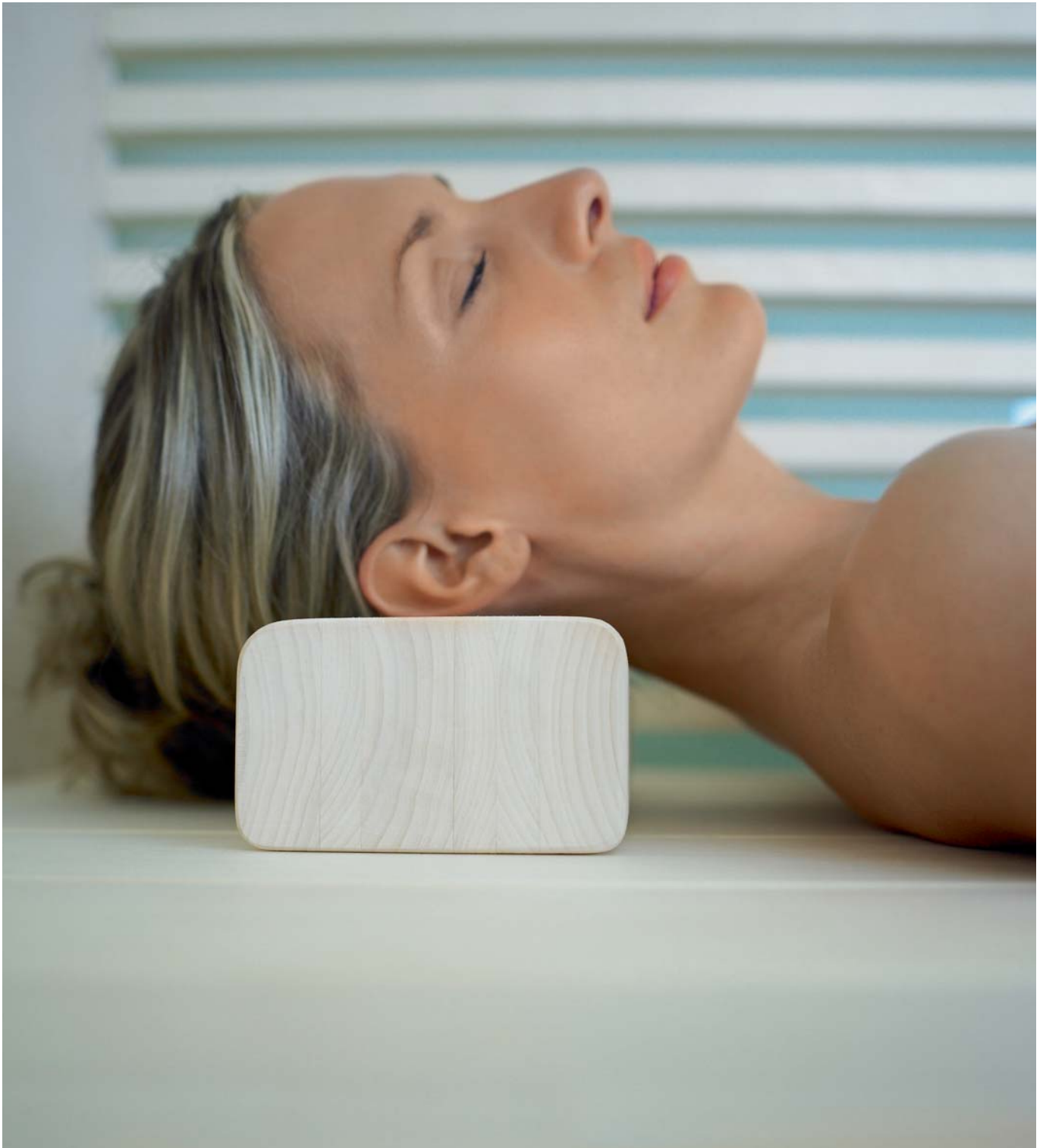
Inipi is a term from the language of the Lakota Indians and refers to the "sweat tents" of the original inhabitants of North America that were the source of inspiration for E00S (see P. 19). However, visually, the innovative sauna module looks nothing like an archaic tent – Inipi is light and modern. Thanks to its ingenious layout, the cabin is compact enough to fit in a bathroom or living area whilst still offering sauna users plenty of space. There is absolutely no feeling of being closed in: the fully glazed front not only gives Inipi an unusual transparency but also an exceptionally stylish look. Modern sauna design that does not have to hide away in the cellar.

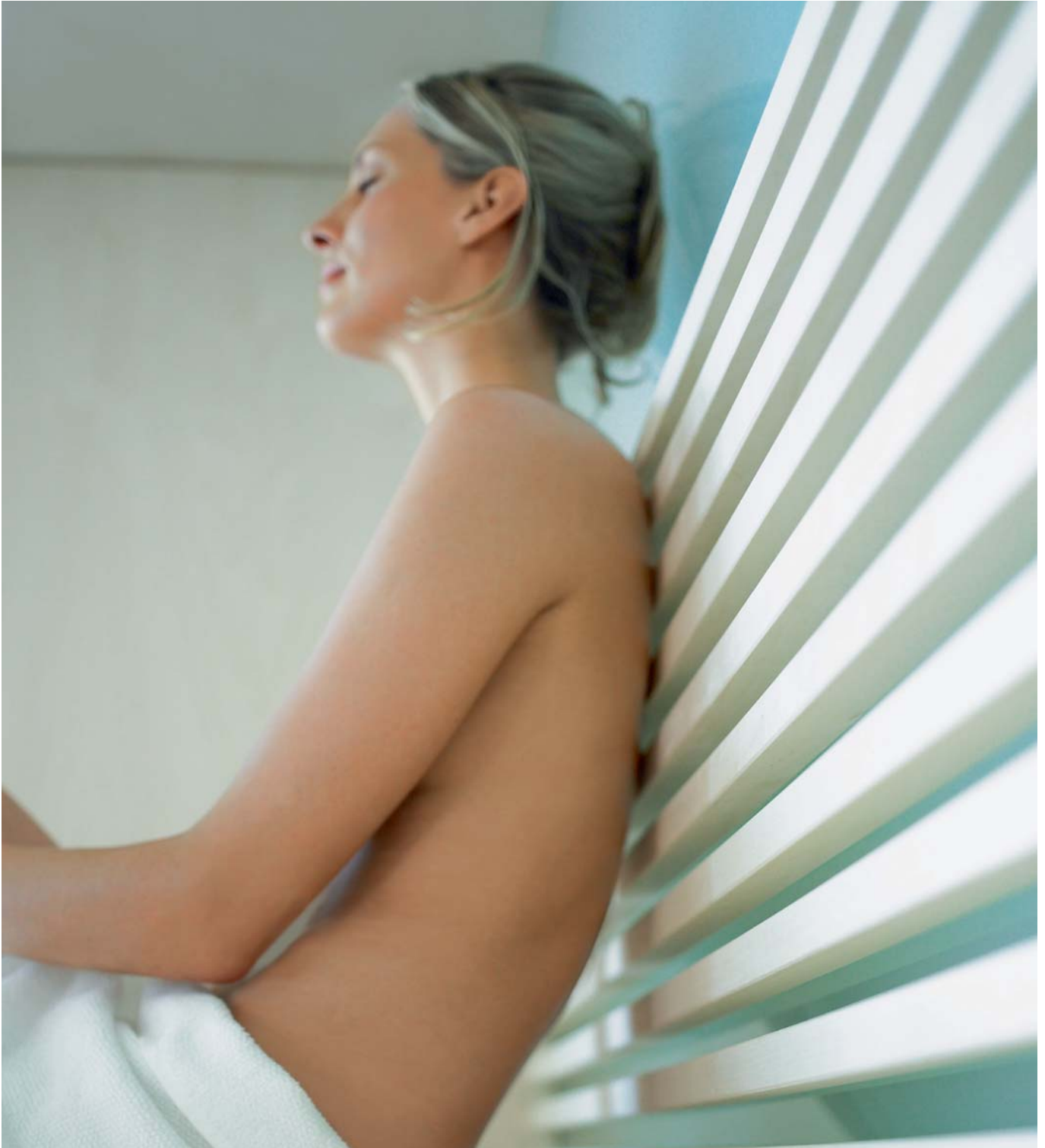


The sauna module measures just 2350 x 1170 mm with a height of 2220 mm. The compact version has only a width of 1800 mm.



Design by E00S



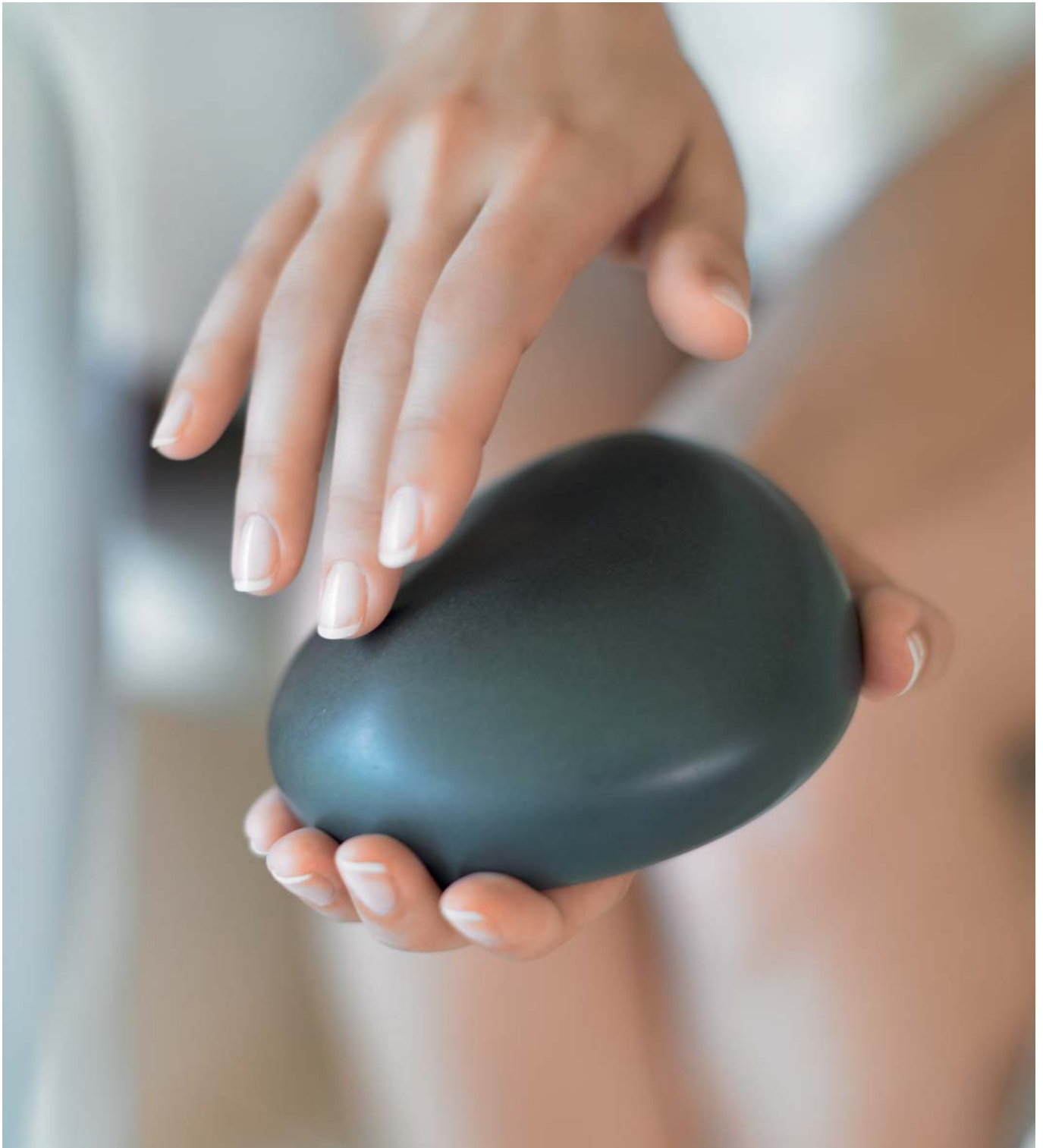


The natural-wood louvres feel comfortable against the skin. It's even more comfortable with an additional headrest.



Sit, lean back, lie down: despite its compact dimensions, Inipi also offers a surprising amount of space for two people. The sitting and lying areas and floor panelling are made of natural, light aspen wood.





A truly “magical” stone: the Inipi remote control with its round design is comfortable to hold.

The transparent glass surfaces create a visual sense of peace and clarity.

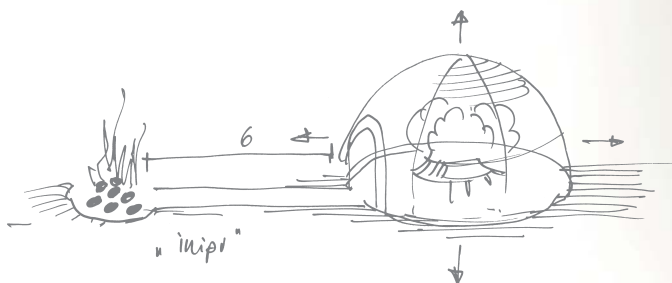
A simple rectangle made of wood and glass: with its minimalist design, the mere appearance of the sauna module communicates a visual sense of calm and clarity to the user. Inside, the cabin features a minimalist design with a characteristic rear wall with horizontal louvres that, like the floor, sitting and lying decks, are made of light aspen wood.

The Inipi story: the ritual sweating took place in a tent heated with hot stones.

The construction and use of the original Indian 'sauna' that was the inspiration for Inipi followed strict rituals: the tent covered with blankets and cloths symbolised the earth; the fire six footsteps away represented the sun. A "keeper of the fire" carried heated stones strewn with herbs into the tent; these were used to raise the temperature needed for sweating. Before the Inipi users entered the tent, they removed their clothes and also lay down their sacrificial offerings. The four traditional sessions were dedicated to thanksgiving, prayer, acknowledgement and recognition.

The "stone" turns out to be a handy remote control.

A sauna session in the modern variant of the Inipi also starts with a "stone". In direct reference to the archaic heat source, the smooth object that feels pleasant to the touch quickly reveals itself as a handy remote control. Waterproof and heat-resistant, it is used to control all sauna functions: temperature, air humidity, vaporisation, coloured light and sound can all be set and adjusted from here and, as a particularly practical feature, preferred combinations can be stored as user profiles. As an alternative to the remote control, a second control unit with an identical display is located on the outside of the sauna, concealed behind a flap.







**The ultimate indulgence for sauna lovers:
Inipi Ama, sauna plus shower.**

A cleansing shower is compulsory both before and after a sauna. Design freedom for Duravit and E.O.S. with the Inipi Ama shower module developed to complement Inipi. "Ama" again Lakota, means "wet" and stands for a high-quality shower with every conceivable comfort. Fully glazed apart from the rear wall, the design is in tune with the sauna's clear, transparent appearance. Here, too, a compact layout was important: Inipi Ama can be fitted either on the front or as an extension to the two sides of the sauna. If required, a wooden platform (3) can be added to the front installation. Inipi Ama is fitted as standard with a Raindance showerhead, hand-held spray with both standard and Kneipp functions and a single lever mixer.

**Control unit, heater, vaporisation: the technology
remains completely invisible.**

Technology has to work but the user isn't necessarily interested in the whys and wherefores. This is why all of Inipi's technology operates invisibly behind the scenes. Control unit, heater and vaporiser: all units are mounted on a pull-out carrier (1) in the extension to the side wall. They remain invisible, but always accessible, behind a

wooden panel. The water dosing also takes place here: thanks to a dedicated container filled with decalcified or distilled water, a water connection is not required. When the "water dosing" command is given, the heated air is fed through an outlet grid and into the cabin.

Coloured light and sound create a special atmosphere.

Inipi is the "sauna for all the senses": LED lights on the rear wall plunge the cabin into coloured light (2); the remote control can be used to programme gentle and intermittent colour changes and this contributes to the feeling of relaxation. Acoustic support comes in the form of "invisible" loudspeakers with AUX connection and radio, which can also be controlled remotely. The pre-programmed Asia, Desert, Indian, Jungle and Mediterranean scenarios produce a very special sauna atmosphere where temperature, relative humidity, music and coloured lights are combined. The user can also create an individual scenario with his or her favourite music.

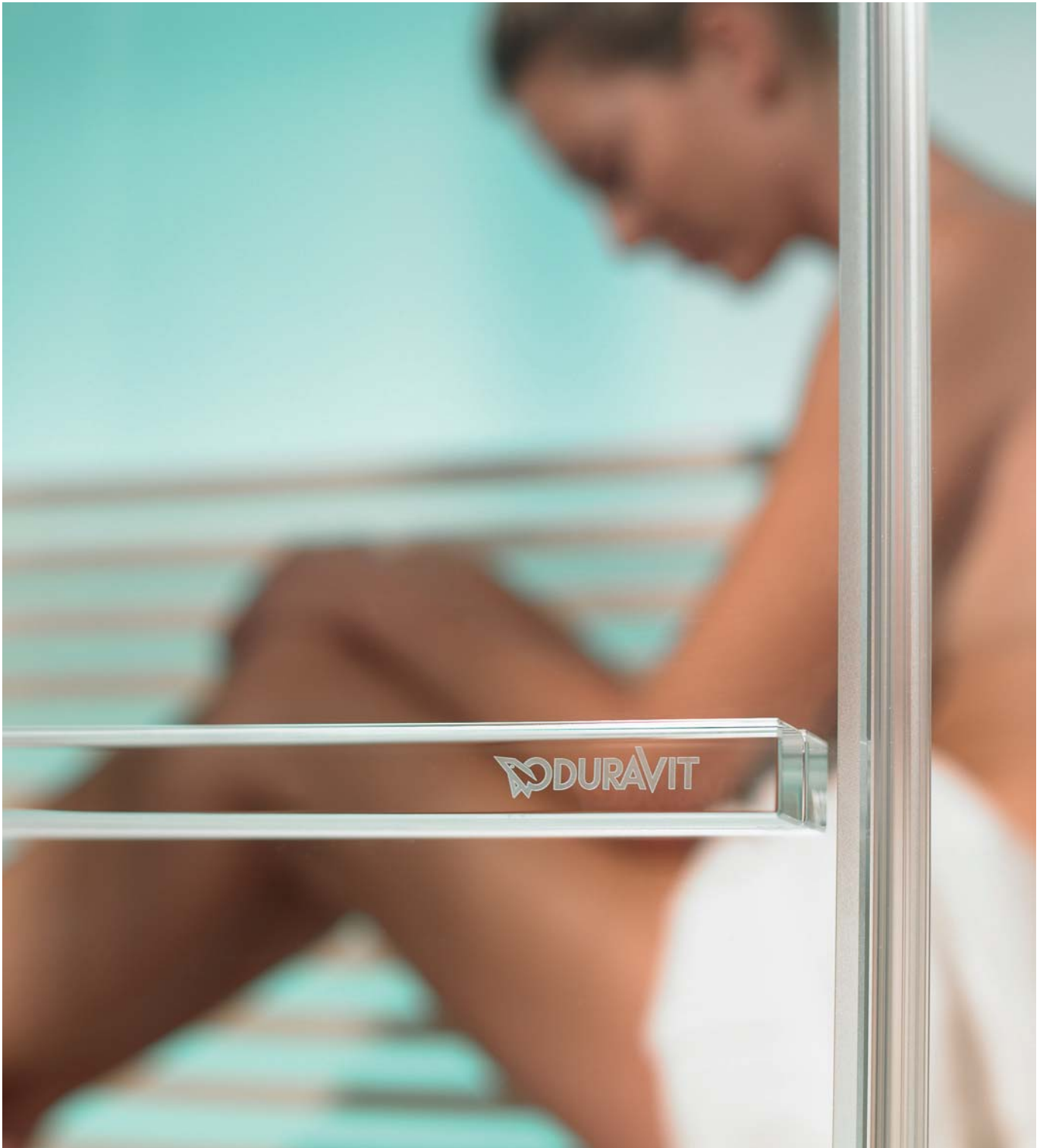




Shower included: Inipi with Inipi Ama shower module, 2350 mm wide and 2205 mm deep.







Inipi in coloured-light mode: five pre-programmed scenarios transform the sauna session into a virtual journey. For more information about light and colour, see page 114.

Around the world: how pre-programmed sauna scenarios provide exotic variety.

Inipi's five pre-programmed scenarios stand under the motto, "around the world". Temperature, relative humidity, coloured lights and music are all perfectly tuned and transport sauna-goers into the planet's different climatic zones.

Asia. An expedition of sounds through the Far East with soundscapes created by traditional musical instruments, such as the dizi (flute), gu-zheng (zither) and hulushu (triple flute) from China, the koto (zither) and shakuhachi (flute) from Japan and the throat singing of Tibetan monks. Various bells, gongs, pentatonic and wooden wind chimes create an authentic atmosphere. Temperature 50-60° C, relative humidity 30-35 %, "Sunrise" coloured light programme.

Desert. A trip through the Middle East: starting in the desert, you approach a distant town with the caravan. You are accompanied on your journey by the sound of wind, camels, voices and typical Arabic musical instruments, such as the goni (harp), oud (lute), string instruments, nay flutes, udu (drum), darabuka (drum) and North African singing. Temperature 90-100° C, relative humidity 10-15 %, red coloured light programme.

Indian. Visiting a sweat tent of the North American Indians, which is where it all began. Hot stones are rolled into the tent, the cleansing ritual can begin... Enjoy the warmth and listen to the activity outside the tent. The blazing fire, pow-wow drums, wooden flutes, ritual singing, horses and the wind. Temperature 70-80° C, relative humidity 15-20 %, "Sunset" coloured light programme.

Jungle. Hot. Humid. Mysterious. The "Jungle" scenario transports you to tropical rainforests. Thousands of sounds and noises, ranging from rain beating down on tropical plants, insects and cicadas to monkeys and parrots, realistically evoke beauty and the diversity of nature. Temperature 60-70° C, relative humidity 20-25 %, green coloured light programme.

Mediterranea. A stroll along the shores of the Mediterranean: from the sounds of waves breaking on the beach and the sails in the marina to those of village life inland... This excursion is accompanied by the music of Mediterranean guitars and mandolins. Temperature 50-60° C, relative humidity 15-20 %, "Rainbow" coloured light programme.



INIPI + INIPI AMA

DIMENSION MATERIALS TECHNOLOGY

All functions, scenarios and user profiles can be operated via remote control. There is a second control unit on the outside, concealed behind a flap. The sauna is available in various configurations, either with or without the Inipi Ama shower module. The sitting and lying areas and floor ceiling panelling are made of natural, light aspen wood. Inipi is available in 10 different welcoming surfaces made of real wood veneer or wood decor.





Teak (Decor)



Rosewood (Decor)



White High gloss (Decor)



Wengé (Decor)



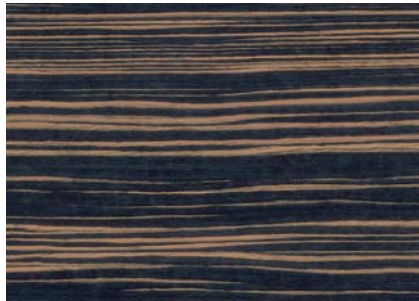
American Walnut (Real wood veneer)



Americ. Cherry Tree (Real wood veneer)



Macassar (Real wood veneer)



Ebony (Real wood veneer)



Bleached Oak (Real wood veneer)



Ash Olive (Real wood veneer)



Indoor: Aspen / Birch

QUESTIONS AND TIPS.
IMPORTANT INFORMATION
ABOUT SAUNAS.



What happens in a sauna session?

A full sauna session takes about two hours. Shower and dry yourself before taking a sauna – dry skin sweats more quickly. A warm foot bath also aids sweating. The procedure in detail: 1. Sauna session approx. 10 mins., followed by the cool-down and relaxation phase, approx. 30 mins. The same times apply for further sauna sessions and cool-down phases. Do not overdo it: after three sauna sessions, you have achieved your desired health objectives.

Sauna – how often?

Everyone is different – the important thing is to feel comfortable. If you take regular saunas, the positive effects last about one week. The general guidelines are: once a week – 2-3 sauna sessions at a time; twice a week – 2 sauna sessions at a time; daily – 1 sauna session at a time. It's important that you don't do any sport after taking a sauna! On the one hand, in order to maintain the desired effect and, on the other hand, to prevent adverse circulatory reactions.

How do I protect my heart and circulation?

As a rule, better short and hot than long and lukewarm. You should sit down, preferably on the lower bench, for the last two minutes of each sauna session so that your circulation can adjust to the upright position. The best way to cool down is to douse your whole body with the hand-held spray with Kneipp function, starting with your feet and hands and then moving from right to left towards the heart. The same applies for a cold shower. It is essential that you do not take a cold bath if you suffer from high blood pressure.

Why naked in the sauna?

Naked is simply more hygienic and healthier: each item of clothing would affect the cooling of the body and hinder the excretion of sweat, which can lead to skin irritations. Nevertheless, you need a towel to sit or lie on, and also for under your feet. Speaking of naked: before taking a sauna, try to remove not only your clothes but also shake off your worries and negative thoughts. Switch off and enjoy the beneficial effect of the heat.

Eating and drinking?

You should not take a sauna either hungry or with a full stomach. It's best to eat a light snack beforehand. Have plenty to drink before the first sauna session! Fluid intake during the sauna sessions reduces the detoxifying effect of the sauna. However, if you are feeling really thirsty, there's no reason why you can't have a small drink. After the sauna, quench your thirst with drinks rich in minerals or with unsweetened herbal teas (1-2 litres).

Slimmer after the sauna?

Of course: immediately after the sauna, there is a slight but measurable weight loss due to the excretion of water by sweating. A regular sauna can be a useful addition to a weight-reducing diet. Nevertheless, you should never attempt to "sweat yourself slim" – and you will be much healthier for this.

BATHING IN A POOL.
COMFORTABLE
POOLS FOR
INDOORS AND
OUTDOORS.





Size, depth, comfort, beneficial whirl functions: a pool promises sheer wellness.

Enjoy lots of space, plenty of water, a generous depth, a gentle tingling sensation or a vigorous massage – or simply stretch out and relax: a whirlpool is the embodiment of wellness and relaxation. The beneficial effect is a result of the combination of hot water and whirl jets (see P. 54) that are carefully positioned in the tub in accordance with the relevant parts of the body. The underwater massage boosts the metabolism and stimulates the circulation. Bathing in a pool can alleviate physical tension and encourage healing processes, even in those suffering from rheumatism, back pain or sleep disorders.

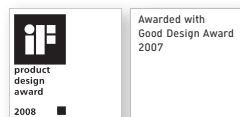
A joy to behold: the Blue Moon Pool is the perfect combination of wellness and successful design.

A square basic form, a circular bath, white acrylic and a high-quality real wood veneer – the Blue Moon Pool offers impressively simple beauty and comfort that is everywhere at home, whether in the bathroom, conservatory or on the terrace. It is available as a corner, back-to-wall or free-standing version with dimensions 1400 x 1400 mm or 1800 x 1800 mm. Thanks to the size, you really do feel

like you are in a pool: with an immersion depth of 500 mm, the bather experiences the “floating” effect – let yourself be carried away.

Fun in the pool whenever you feel like it: the water in the Blue Moon Pool can be used for up to three months.

With one bather, the 1800 mm version of the pool can hold 730 litres of water that, thanks to a sophisticated hygiene management system (see P. 54), can be used for up to three months if maintained correctly. When the pool is not in use, the upholstered cover is used; this also serves as a shelf, seat or lounger. Further options are a holder for the cover, a foot rest and separate bench.





Design by Jochen Schmiedem





As if it was just part of the interior design: the Blue Moon Pool in the freestanding variant with panelling in Oak Anthracite (real wood veneer).

With the upholstered cover,
the pool becomes a comfortable
place to sit or lie down.





Lots of variants: the Blue Moon Pool with wooden panelling, alternatively with acrylic panelling and wooden inserts, also with matching bench. When not in use, the cover is stored tidily at the side.



Perhaps the most attractive corner of the home: the Blue Moon Pool in the corner version with panelling in Oak Anthracite (real wood veneer).

The Blue Moon Pool is available as a corner, back-to-wall or freestanding version.







The Blue Moon Pool also cuts a dashing figure in the back-to-wall version, here with pool panelling in Teak (decor).



The underwater LED lights create a special pool atmosphere, also as part of five different pre-programmed whirl-colour scenarios.







The Blue Moon Pool outdoors. Practical addition: the teak-look bench with stainless steel grip handle. The optional tarpaulin protects against wind and weather.

Wellness can look this good: the Sundeck Pool looks like an elegant piece of furniture.

Whether alone or à deux, lying side by side or opposite one another, inside or outside: the Sundeck Pool meets all requirements of a modern pool. With generous dimensions of 2100 x 1400 mm, it is a comfortable whirlpool for one or two people and has its own aesthetic appeal: despite the pool's dimensions, it remains true to the design standards you would expect from Duravit. The panelling in particular creates the impression of an elegant, welcoming piece of furniture. This is available either in real wood or wood decor. There are no limits in terms of architecture: the Sundeck Pool is available as a corner, back-to-wall and freestanding variant.

Three whirl cycles, operated by remote control, ensure tingling bathing pleasure.

The Sundeck Pool leaves nothing to be desired in terms of function and comfort: as with the Blue Moon Pool, the three Power, Relax and Emotion whirl cycles (see P. 57) ensure bubbling bathing pleasure. The attention to detail in the Sundeck Pool can be seen, for example, in the whirlpool jets, which are available either in two colours

(stainless steel and white) or in plain white. As with the underwater coloured light, the whirl cycles are controlled via a waterproof remote control; a control panel for the programme settings is concealed behind a flap at the side.

When not in use, the Sundeck Pool can be covered to create a comfortable sundeck.

With one bather, the Sundeck Pool requires 493 litres of water and, with two, just 418 litres. Thanks to an ozone generator for basic disinfection and measured additional disinfection, the water can be used for up to three months. When the pool is not in use, the upholstered cover serves as a comfortable sundeck for relaxing and, when folded, it offers a convenient headrest.

The Sundeck Pool is available as a corner, back-to-wall or freestanding version.






Design by E00S



The ingenious cover serves as dual function: opened out, it serves as a comfortable sundeck and, when folded, it becomes a convenient headrest.







Bathing in the Sundeck Pool in the evening is further enhanced by one of five pre-programmed scenarios featuring the whirl function and coloured light.

Whirl jets, intensity, coloured light, combined feel-good programmes – everything at the push of a button.

The practical remote control adds the finishing touch to the comfort of the Duravit pool. Waterproof and easy-care, it can be used to operate all functions. The control panel for the basic function settings is concealed behind a flap on the rim of the tub. The various cycles can be controlled in the same way as with the remote control and, if required, the coloured light and whirl programmes can also be combined. The whirl jets are available in two colours (stainless steel and white) and in plain white.

From a gentle tingling sensation to a power massage: three whirl cycles have a beneficial effect on the whole body.

All Duravit pools are fitted with three whirl cycles that can be used either separately or in parallel. "Emotion" has a relaxing effect thanks to the Durapearl jets, which offer three functions: water only, air only or a bubbling mixture of water and air, which creates a gentle tingling sensation. With the "Relax" programme, depending on the shape of the tub, nozzles arranged in different layouts provide a gentle massage for the muscles on either side of the spine and this is combined with a foot massage. "Power" is ideal

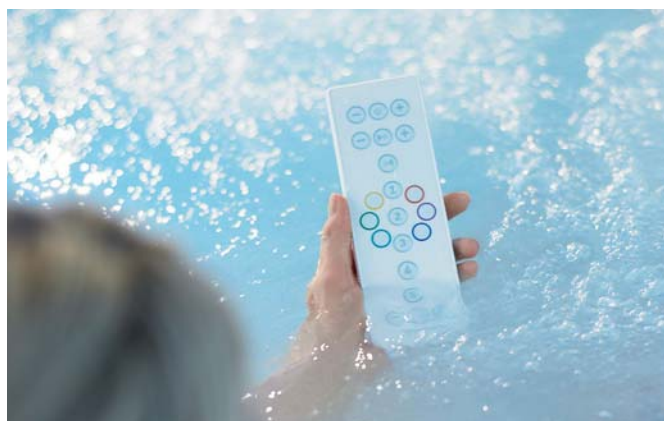


The practical outdoor tarpaulin is available to fit both Blue Moon and Sundeck.

for alleviating muscular tension: the large Power jets work to produce a strong massage for the shoulders and shoulder blades. Depending on the tub type, this is combined with massage jets in the lumbar region (Blue Moon) or in the side and foot area (Sundeck).

Always a pleasant temperature, always ready to enjoy: the water in the pool offers bathing pleasure for up to three months.

Unlike the bathtub or whirltub, the water is not let out of the pool after bathing, rather it can be used for up to three months. This requires a sophisticated hygiene management system: a filter removes larger particles, such as dust and sand from the water and an ozone generator operates as a highly-effective disinfection unit. Thanks to this ongoing basic disinfection, the user only has to carry out standard water maintenance, for example, as is customary with swimming pools. Maintained at a temperature of 38° C, the water in the pool is always ready for you to take a dip whenever you wish.





The Sundeck Pool (top images), here with whirl jets in plain white. The control panel is located behind a flap. With the Blue Moon Pool (bottom images), it is concealed behind a flap on the rim of the tub. Whirl jets here in two colours (stainless steel and white).



Each to his own: three different pre-programmed pool cycles ensure sheer relaxation.

Emotion. The cycle for every mood: the bubbling mixture of water and air has a relaxing effect, whilst the pure air system is invigorating and revitalising. The fine water jets create a gentle tingling sensation.

Relax. The relaxation cycle: depending on the shape of the tub, nozzles arranged in different layouts provide a gentle massage for the muscles on either side of the spine and are combined with the whirling jets from the rotojets for a foot massage. Simply lean back, relax and forget your worries and cares.

Power. The cycle that counters muscular tension: the upper back and shoulder areas in particular are prone to tension, for example, after sitting for a long time. The large Power jets work to produce a strong massage for the shoulders and shoulder blades. Depending on the tub type, this can be combined with massage jets in the lumbar region (Blue Moon) or in the side and foot area (Sundeck).

Whirl function plus coloured light: create a perfect atmosphere with combined 16-minute scenarios.

Energise. In combination with the “Colour Splash” programme, users can look forward to an invigorating experience. The combination of light and massage will give you a new ease of life.

Balance. Combined with the “Rainbow” coloured-light programme, different cycles and particularly the sparkling mixture of water and air restore a balanced sense of well-being.

Revive. Particularly suited to the morning hours: the combination with the “Sunrise” coloured light programme and a slow, steady increase in the massage intensity revives your body.

Regeneration. After work, during the day or simply to relax: carefully tuned to the “Sunset” coloured light programme, it starts with a vigorous massage and ends with a gentle spray of water from the base of the bath.

Fitness. The “Light pulse” coloured light programme offers a colourful mix of the different cycles. This programme reflects the variety of the different cycles.





QUESTIONS AND TIPS.
IMPORTANT INFORMATION
ABOUT BATHING IN A POOL.

Is the pool a place for cleansing?

A pool tub is not intended for physical cleansing. This is why it is essential that you take a shower before getting into the pool. Above all, for reasons of hygiene, otherwise, the water would become saturated with skin creams, dead skin, etc. and disinfection would also be much more complicated. And, apart from this, we still recommend taking a shower first: it refreshes you ready for the pool tub.

Bathing in the pool – for how long?

Including showers and rest periods, bathing in the pool takes 30-40 minutes. 15-20 minutes are recommended as pure bathing time. Do not stay in the pool for longer as this would place too great a strain on the circulation! However, as a rule, when it comes to duration and intensity, listen to your body or use one of the pre-set whirl programmes.

And how hot?

The recommended water temperature is 36° C. Slightly higher temperatures induce sleep, whereas slightly cooler temperatures are invigorating. These should be tested carefully as every body reacts in a different way – just 1-2 degrees of difference can have a significant effect. Caution: if temperatures are too high, they place a strain on the circulation and are very tiring.

Break yourself in gently...

Give your body time to get used to the warm temperatures (1-2 mins.). Before starting the massage, a masseur also warms the parts of the body to be treated in order to soften the muscles and make them more receptive to the massage. First enjoy the gentle massage of the Relax cycle and then slowly increase the intensity to suit you. Adding air after a few minutes increases the massage intensity.

Increase slowly...

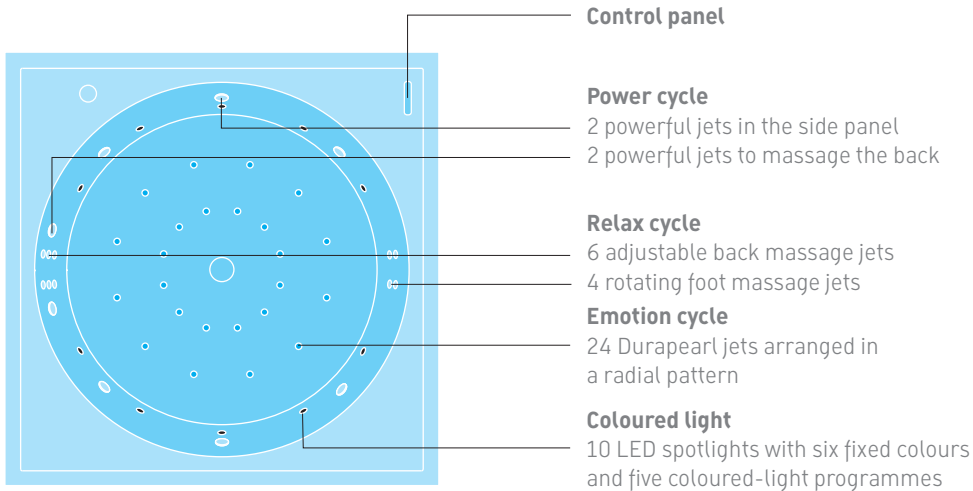
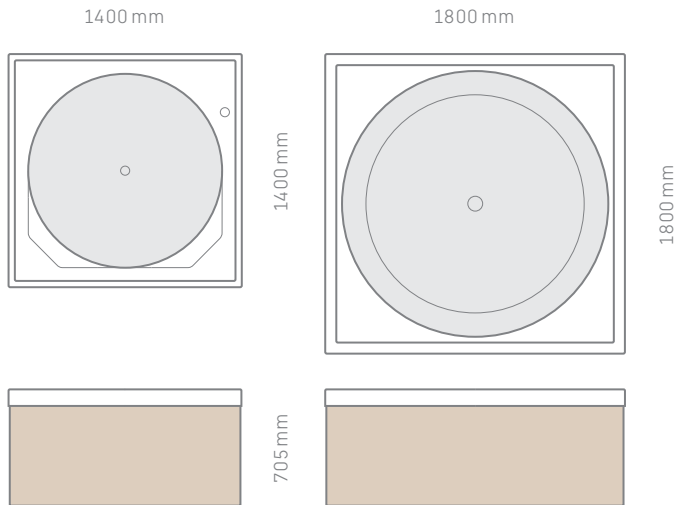
A more vigorous massage at the end alleviates muscular tension. Simply position yourself so that the large Power jets cover the relevant parts of your body. As Duravit pools do not have moulded seats, bathers have unrestricted freedom of movement and can position themselves in front of the jets where it is most comfortable for them. With the Power massage, the revitalising air function can also be activated. The DuraPearl base jets of the Emotion cycle are a more gentle alternative: they can always be used either on their own or in combination with the other cycles, and also as a bubbling mixture of air and water.

...and then come to rest again.

Activate the water-air mix and gradually reduce the intensity. After switching off the massage function, remain seated for a few minutes in order to enjoy the floating effect. The fine water jets expelled from the Durapearl base jets support this. Stand up in your own time and get out of the tub slowly without making any sudden movements. Take another shower, enjoy some fresh air and a few minutes of calm.

BLUE MOON POOL DIMENSION MATERIALS TECHNOLOGY

The Blue Moon Pool is available as corner, back-to-wall or freestanding versions with dimensions 1400 x 1400 mm or 1800 x 1800 mm. With one bather, the pool can hold 520 litres (1400 mm) or 730 litres of water (1800 mm). All functions, whirl cycles and scenarios can be operated by remote control. The control panel for the programme settings is located below a flap on the rim of the pool. The Blue Moon Pool is available with various bath panellings: indoors in real wood veneer, wood decor or sanitary acrylic, outdoors in wood decor or sanitary acrylic.





Teak (Decor)



Wengé (Decor)



Maccassar (Real wood veneer)



American Walnut (Real wood veneer)



Ash Olive (Real wood veneer)



Oak Anthracite (Real wood veneer)



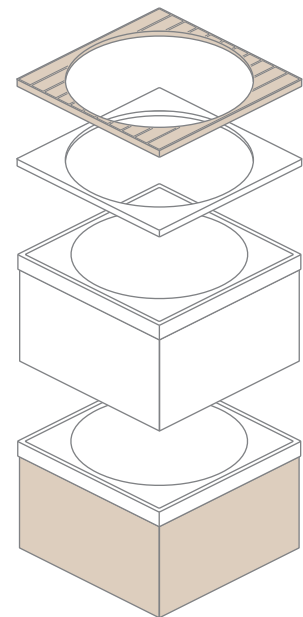
Outdoor: Wengé (Decor)



Outdoor: Cherry Tree (Decor)



Indoor and Outdoor: White (Acrylic)

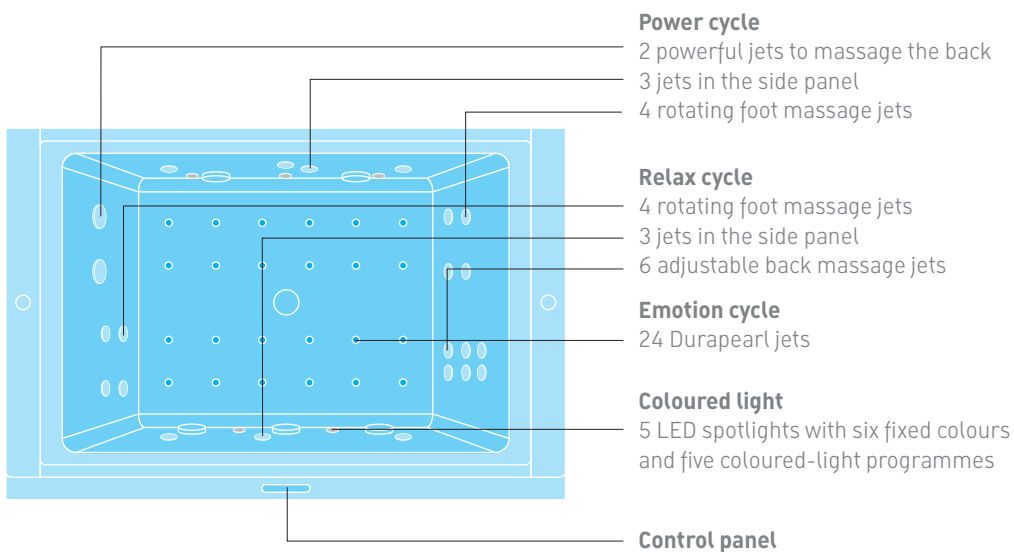
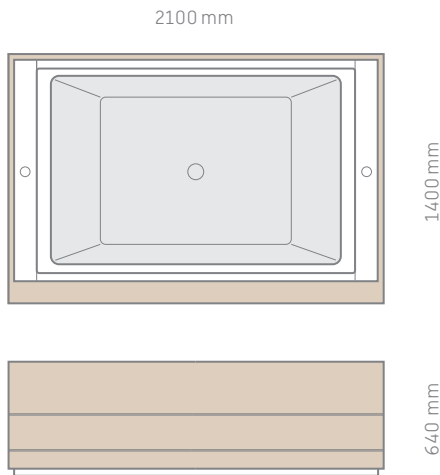


The inserts are available in Teak (Decor) or pure White (Acrylic).

SUNDECK POOL

DIMENSION MATERIALS TECHNOLOGY

The Sundeck Pool is available as a corner, back-to-wall or free-standing version in dimensions 2100 x 1400 mm. With one bather, the pool has a capacity of 493 litres of water. All functions, whirl cycles and scenarios can be operated by remote control. The control panel for the programme settings is located beneath a flap at the side. The Sundeck Pool is available with different panellings: indoors in real wood veneer or wood decor, outdoors in wood decor.





Teak (Decor)



Wengé (Decor)



Macassar (Real wood veneer)



American Walnut (Real wood veneer)



Ash Olive (Real wood veneer)




Oak Anthracite (Real wood veneer)



Outdoor: Cherry Tree (Decor)



Outdoor: Wengé (Decor)



STEAM SHOWERING.
MULTI-FUNCTIONAL
SHOWER SYSTEMS.



**Relaxing, kind to the circulation, healthy:
it's not surprising that steam showers have been
used since Antiquity.**

Beneficial sweating in steam has been practiced since Antiquity. First in Greece, later by the Romans, who used the caldarium as a fixed part of the bathing culture. From there, the steam bath travelled east where it experienced further incarnations and was most popular as the Turkish hamam and Russian banya. Temperatures in the steam bath range between 40 and 50°C and, unlike in the dry sauna, the air humidity is very high at almost 100%. Steam baths are as healthy as they are popular. Heat and humidity relax the muscles and, thanks to the relatively low temperature, excessive strain is not placed on the circulation.

**The steam bath for the home – and more: with the
Multi-functional Shower, there are no limits to well-being.**

What could be more appealing than a steam shower? Your own steam shower. The dream of many lovers of steam baths really does come true with the Multi-functional Shower from Duravit. As the name suggests, it really is multi-talented and offers everything you could want from a shower. Shower, massage shower, steam shower and relaxation –



the Multi-functional Shower leaves nothing to be desired. The various functions can be operated by remote control; these range from the vigorous water massage and restorative shower bath to dousing with cold water using the Kneipp hose. An indescribable pleasure – with lots of transparency and freedom of movement, alone or à deux, standing, sitting or lying on the comfortable wooden benches that, like the wooden floor, are made of natural teak.

**The Multi-functional Shower offers the ultimate in
wellness and looks rather like a luxury sailing yacht –
welcome on board.**

Created by Jochen Schmidden, the Multi-functional Shower looks like a luxury sailing yacht. The frameless cabin is a real eyecatcher and, thanks to its fully-glazed look, always creates the impression of transparency and lightness and slips playfully into the existing bathroom architecture. The door and partition consist of transparent single-pane safety glass.



At the same time, the Multi-functional Shower is a modern design object and wellness centre for one's own home.



Design by Jochen Schmiedem



Various functions of the Multi-functional Shower can be operated by remote control. The result: sheer wellness.



Luxurious in every detail

The Multi-functional Shower features high-quality materials and branded fittings. Optional additional modules providing coloured light and music create a comprehensive haven for all the senses.

Glass

The door and partition are made of transparent single-pane safety glass.

Seats & loungers

The fold-out wooden seats offer relaxation whether sitting or lying. When lying, the user enjoys one and the same temperature zone, which is ideal for achieving a uniform effect on the whole body. Two people can sit opposite one another in comfort when enjoying a steam bath together.

Gushing shower

The jet from the gushing shower is as refreshing as a small waterfall. After strenuous physical exercise or if suffering from tension or muscular pain, it gently massages the shoulder and neck area, thus alleviating muscular pain and tension with its comforting pressure.

Overhead shower

Simply switch off, relax and forget the stresses and strains of everyday life: the water from the large overhead shower flows like the warm summer rain.

Hand shower

Thanks to its variable jet strengths (soft, normal and massage), the traditional shower, the hand shower, can be ideally tuned to personal showering preferences.

Side shower jets

With a force of up to 4 bar, the 10 massage jets are as effective as a professional massage on the shoulder, back and lumber regions.

Kneipp water hose

Dousing with alternative hot and cold water stimulates the circulation, boosts both the metabolism and detoxification and has been proven to build up the immune system and resistance to the effects of stress. The Kneipp water hose can be used for Kneipp hydrotherapy applications.

Light

Two dimmable halogen spotlights integrated into the ceiling emit a pleasant light. Optional LED spotlights create an intense colour experience, either stabilising, regenerating or harmonising. The colours change in five different programmes but can also be set individually.

Sound

Thanks to an optional connection for an MP3 player or music system, the Multi-functional Shower can play your very own favourite music. It goes without saying that the integrated loudspeakers are steam and waterproof.

Scent

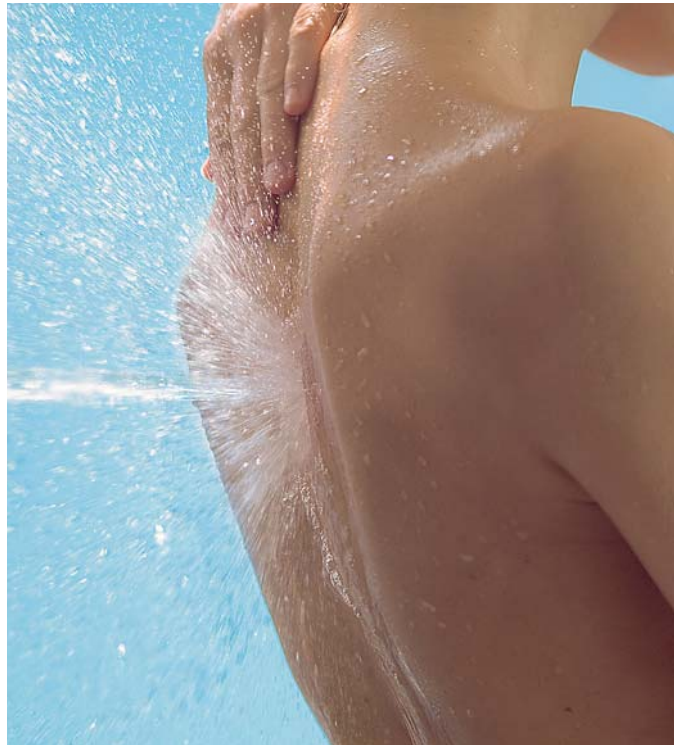
Scents and aromas can evoke positive emotions and moods. Applied on a cotton-wool pad, pure essential oils are released into the warm, humid environment of the Multi-functional Shower and unfold their effect.











Wellness at the push of a button: you can use the remote control to operate various functions of the Multi-functional Shower, namely jet intensity, massage programmes, steam, light and coloured light. Waterproof and easy-care, the remote control withstands all bathing activities.

Massage on/off

You can select from five massage programmes using combinations of five jet pairs and the gushing shower.

Massage intensity,

duration of steam bath, dimming of halogen spotlights, changeover speed for coloured lighting

Gushing shower on/off

It provides a veritable cascade of shower pleasure. Massage intensity, duration of the steam shower, dimming of the halogen light, speed of the coloured-light change.

Massage jet pair on/off

programme selection.

For more information about light and colour, see page 114.



Halogen light on/off

Two dimmable halogen spotlights create a congenial atmosphere.

Steam on/off

The generator emits steam at the push of a button. Five programmes control duration and temperature.

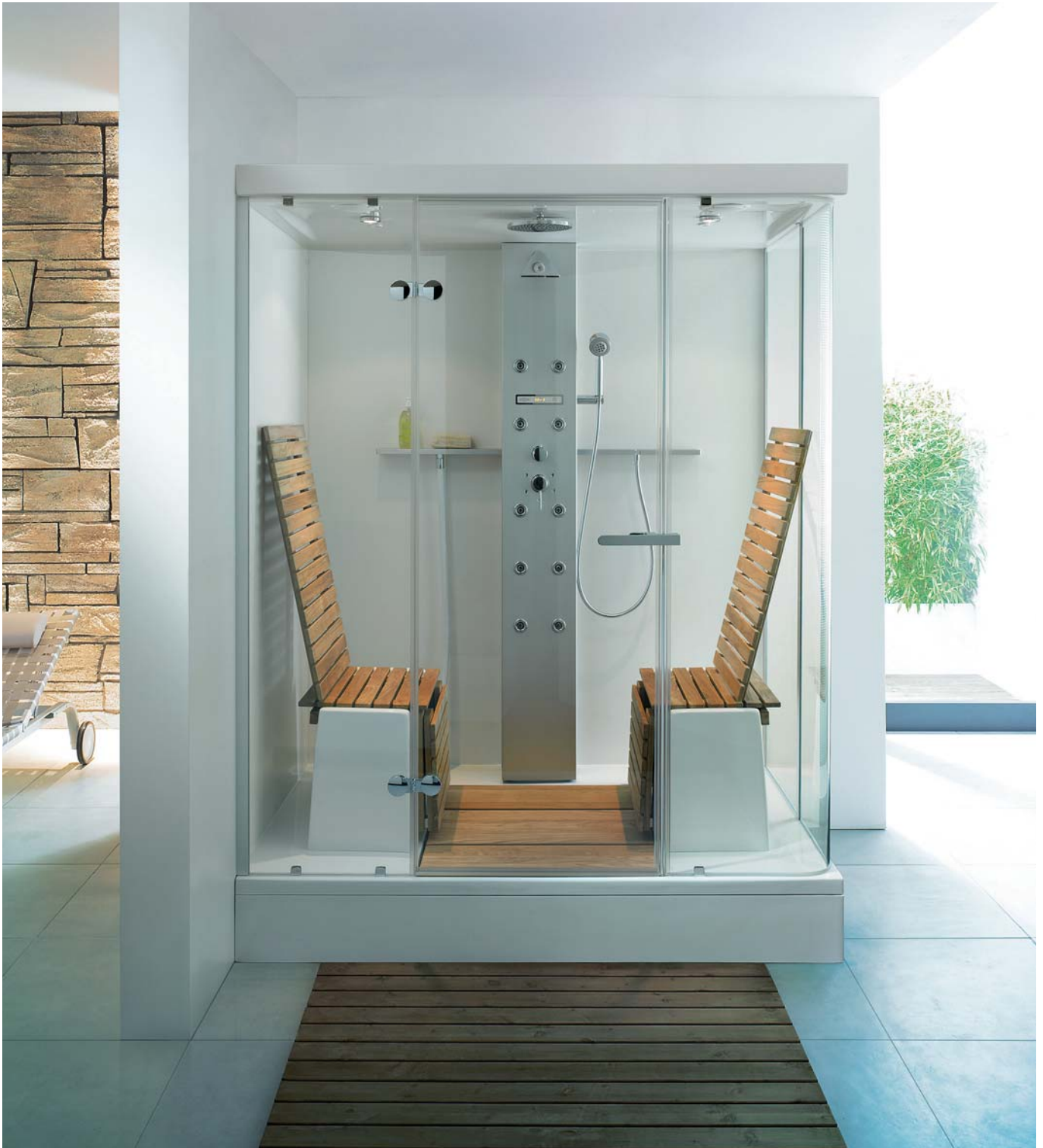
Programme

(massage, coloured light, steam)

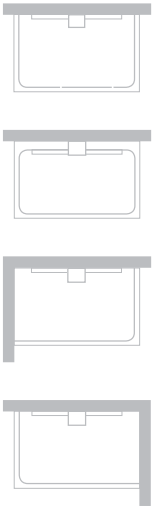
Coloured light


The coloured light module (optional) can be used to start one of the five pre-programmed coloured light programmes or to select a colour directly.





The Multi-functional Shower is also available in versions for wall and corner installation. The aluminium panel with all functions is mounted directly onto the wall.





QUESTIONS AND TIPS.
IMPORTANT INFORMATION
ABOUT STEAM SHOWERS.

Taking a steam shower – how often?

1-2 steam showers per week are effective. In order to achieve the optimum effect for body and soul, 2-3 sessions (always consisting of a hot and a cold phase) per steam bath are required. Caution: the resulting loss of fluid places a strain on the circulation. If you suffer from blood pressure problems, increased risk of bleeding, acute inflammations or infections, heart or circulatory disease, or if you are pregnant, please consult your doctor.

Warm shower and Power massage

A shower (approx. 5 mins.) cleanses and opens the pores – the prerequisite for sweating during the warm phase. It gives you time to switch off and put the stresses and strains of everyday life behind you. A subsequent Power massage (approx. 5 mins.) relaxes the muscles after strenuous exercise or when suffering from aching muscles, stimulates the circulation and alleviates tensions – the basis for later relaxation. Tip: after the massage, switch on the steam generator!

Drying off and warming up phase

As your body dries, the cold film on the surface of the skin evaporates; this has a cooling effect and increases the body's ability to sweat. A short break (approx. 5 mins.) sitting in a relaxed position helps the body to recover before the cabin is filled with steam. The heat then unfolds its beneficial effects: it activates the cardiovascular and immune systems, improves and accelerates the skin's metabolism and induces deep muscular relaxation (15-20 mins.).

Intermediate cooling and "air bath"

Cooling the body by dousing with the hand shower (2-3 times during the warming up phase) further stimulates the cardiovascular and immune systems and helps your body get used to the sauna ritual. A short "air bath" (approx. 1 min.), e.g. by an open window, fills the lungs and blood with lots of fresh oxygen, cools the respiratory passages and conditions the immune system. Take a deep breath!

Full-body rinse and cooling phase

Douse the body with the Kneipp water hose (approx. 1 min.) – starting with the feet and hands, moving right to left towards the heart – stimulates and stabilises the immune system and vegetative nervous system. A cooling phase (15-20 mins.) to normalise the body temperature enjoyed, for example, from the comfort of a lounger, aids relaxation, takes the strain off the cardiovascular system, stimulates the function of the kidneys and, last but not least, is mentally stimulating. This can be followed by another one to two steam shower sessions.

Steam showers make you thirsty!

The same applies for steam showers as for saunas: because the body loses fluid during sweating, make sure you have plenty to drink both beforehand and afterwards but, if possible, not whilst actually taking the steam shower. For optimum detoxification of the connective tissue, do not drink fluids until after the last steam sauna session. Afterwards, drink at least 1 litre of mineral-rich beverages or unsweetened herbal teas.

A person is shown from the back, sitting in a white bathtub. They are wearing a white bathrobe. Steam is rising from the water in the tub, creating a soft, hazy atmosphere. The background is a plain, light-colored wall.

BATHING &
SHOWERING.
BATHTUBS,
WHIRLTUBS,
SHOWER TRAYS.







Perhaps the very essence of all wellness:
a candlelight bath, here in the freestanding
Happy D. bathtub (Design by Sieger Design).

A little piece of wellness history: when did man actually take the first bath? And when did he take the first shower?

Water baths have been enjoyed for thousands of years. The first known bathing facilities date back to the Indus culture, approx. 2500-1900 BC, in what is today the border region between Pakistan and India: the spaciousness of the bathtubs indicates that they not only served the purpose of hygiene but also offered sheer pleasure. The ancient Egyptians, Greeks and Romans were only too happy to follow this wonderful example – and so created the basis for today's bathing culture. The history of the shower dates back to Antiquity: the first devices with specially constructed water containers date back to approx. 500-300 BC in Ancient Greece. The shower made an entrance in modern times in 1860 with the help of the French army: it was quite simply the most economical way of enabling a large number of people to wash. However, whether for hygiene reasons or in order to save time, the shower has long since established itself alongside the bathtub as a pleasurable daily ritual.

Attractive, resourceful, durable: bathtubs and shower trays from Duravit give water a completely new lease of life.

Isn't it wonderful to live in the here and now? Unlike our ancestors, we no longer have to be pioneers in terms of showering and bathing, rather we can simply rely on the comfort and quality of a Duravit brand product.

Duravit bathtubs are available in a variety of forms, sizes and variants: as a back-to-wall or corner version, free-standing or as a built-in bathtub, as a one or two-seater, with or without whirl system. All Duravit bathtubs are made from high-quality sanitary acrylic: its warm, skin-friendly surface creates just the right feeling of well-being. Duravit shower trays are also available in different variants: as a flat built-in version or with a high apron, with visible or flush with the floor. Showering is even more pleasurable with the transparent, Antislip coating.

Small jets, massive impact: how bathing becomes sheer wellness.

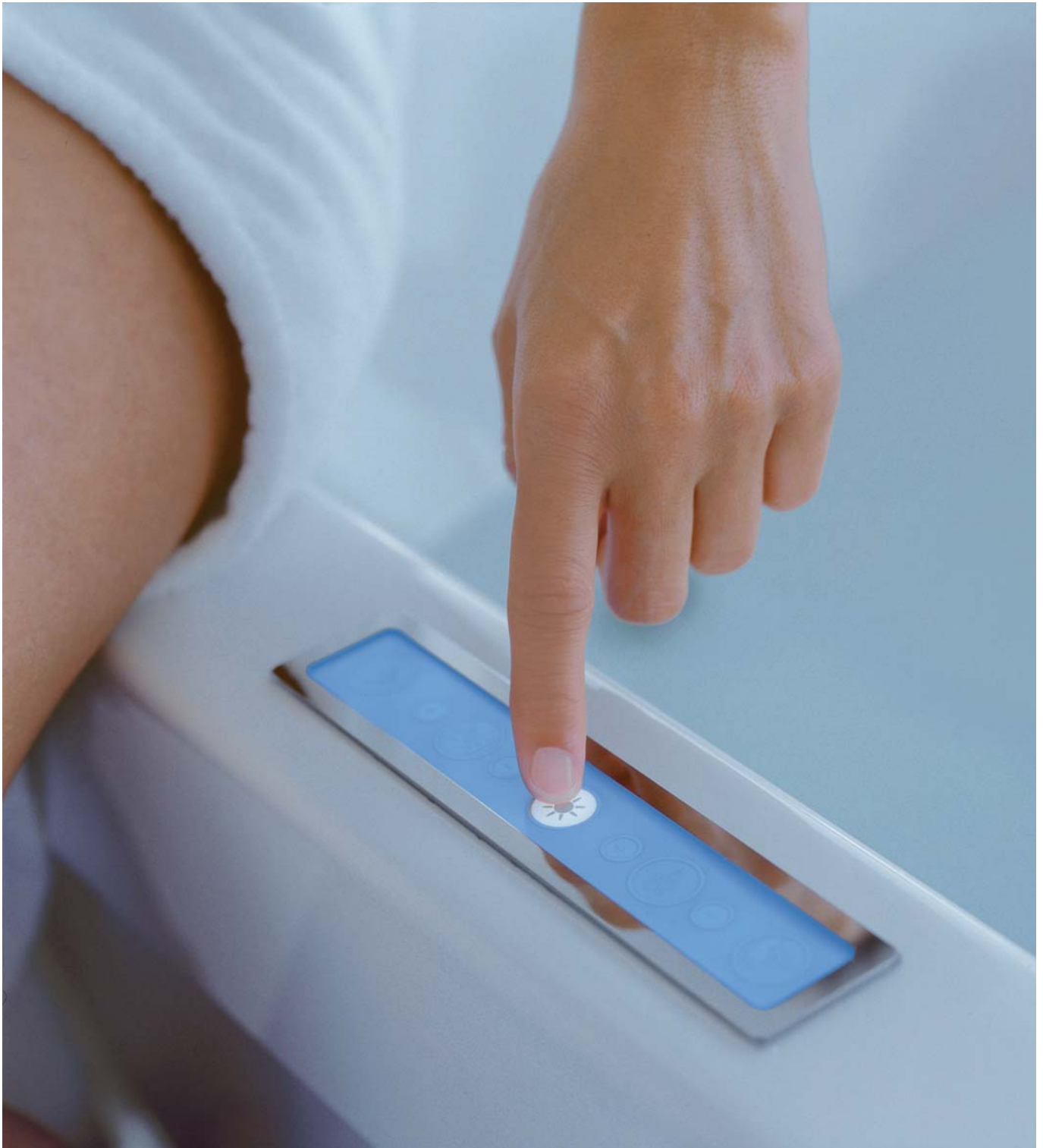
In the Duravit whirltubs, you not only experience bubbling bathing pleasure but also beneficial after-effects: The air bubbles stimulate the circulation and the water massage stimulates the blood flow. You feel lighter and carefree, muscular pain and tension simply disappear. Choose from five different whirl systems, ranging from the "simple" Air-System to the Combi-System L, which combines air and water jets, back and foot massage jets and a halogen spotlight. As with all other product areas, when designing the whirl tubs, Duravit demonstrates that pure wellness and high-quality design are far from mutually exclusive.

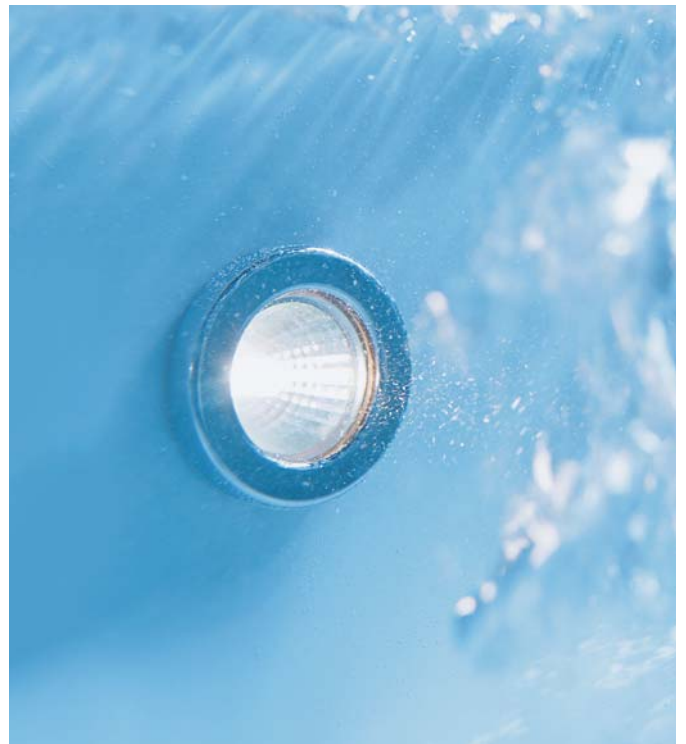
Enjoy being up to your neck in water: the Starck X bathtub with all-round water channel, either with stones (top) or with wooden inserts made of teak.





Design by Philippe Starck





Sparkling experience: the five different Duravit whirl systems with air jets, water-and-air jets and rotojets (water-air massage), plus underwater halogen spotlight (from top left to bottom right).



Mission: relaxation. The freestanding Starck whirltub (Design by Philippe Starck) in action for maximum effect. The Relax effect is reinforced by underwater coloured light. For more information about light and colour, see page 114.



Ausgezeichnet
mit dem
Good Design Award
1995







The built-in bathtub from Series 1930 communicates wellness with a touch of nostalgia, however, it does, of course, feature the very latest technology.

Design by E00S





Also available as a bathtub and whirltub: Sundeck with the folding cover, in the back-to-wall version (above) and as built-in version (left).



The Paiova bathtub – an ingenious idea for all who like to take a bath lying side by side. From XXL to XS: Paiova is available as both a spacious two-seater and a compact one-seater.





Design by E00S





No-compromise shower and bathtub: Seadream is both a spacious shower tray and a comfortable bathtub (Design by Jochen Schmidem).



Top quality: the freestanding 2nd floor bathtub (Design by Sieger Design) with panelling in Ebony (real wood veneer) and matching tap pillar.



Awarded with
Good Design Award
2006



Design by Sieger Design



Wellness via variety: Duravit bathtubs and whirltubs are available with lots of attractive wood panellings – or, for purists, with white acrylic panelling.



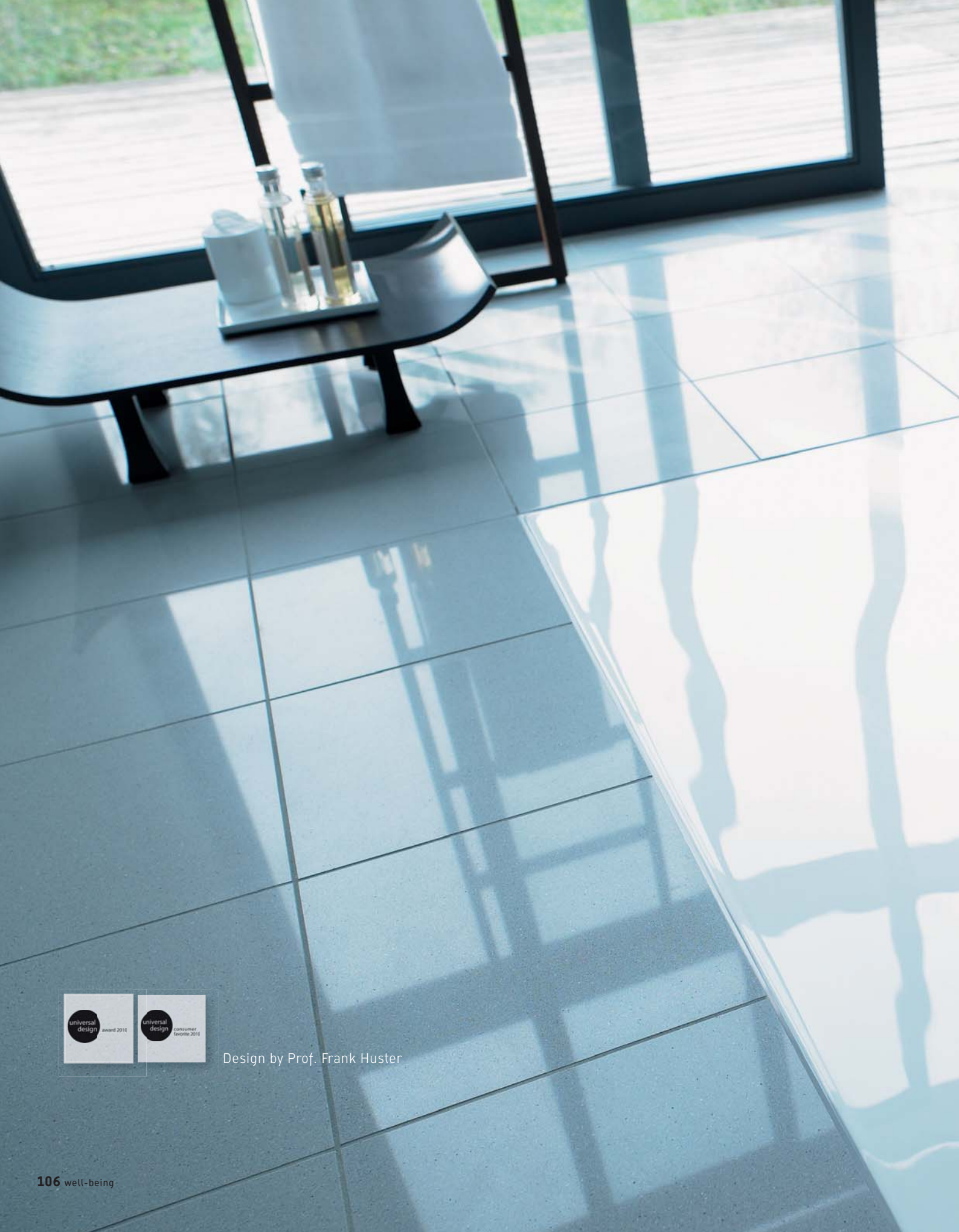
Philippe Starck has transformed the shower tray into a design object, also as a shower unit for two. Attractive option: the insert made of solid teak.








Refreshingly different look: the 2nd floor shower tray (Design by Sieger Design) with Rosewood (decor) panelling.



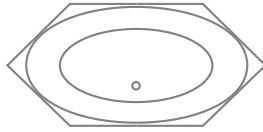
Design by Prof. Frank Huster



For design-oriented bathroom users:
Flush Fitting Shower Trays are easy to fit
thanks to installation technology developed
especially by Duravit.



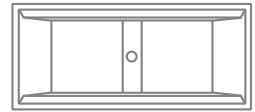
Serie 1930
1800 x 800 mm



2 x 3
1900 x 900 mm
2000 x 1000 mm



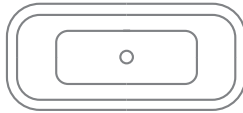
2nd floor
1600 x 700 mm
1700 x 700 mm
1700 x 750 mm



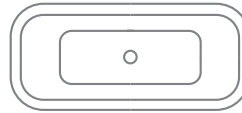
2nd floor
1800 x 800 mm
1900 x 900 mm
2000 x 1000 mm



Daro
1800 x 800 mm



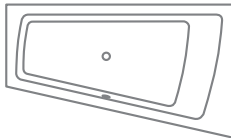
Happy D.
1800 x 800 mm
with panel



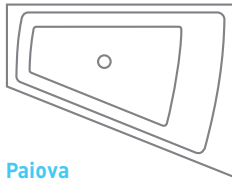
Happy D.
1800 x 800 mm
high rim



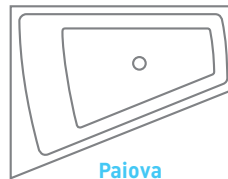
Happy D.
1800 x 800 mm
with panel



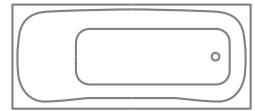
Paiova
1700 x 1000 mm



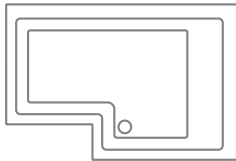
Paiova
1700 x 1300 mm
1800 x 1400 mm



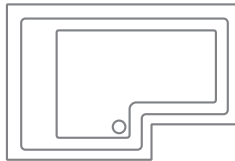
Paiova
1700 x 1300 mm
1800 x 1400 mm



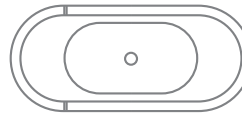
PuraVida
1700 x 750 mm



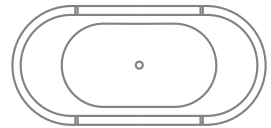
Seadream
1635 x 1100 mm



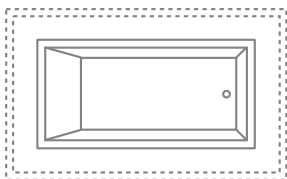
Seadream
1635 x 1100 mm



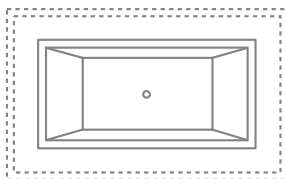
Starck
1800 x 800 mm



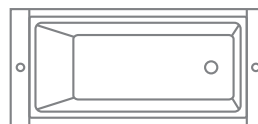
Starck
1900 x 900 mm



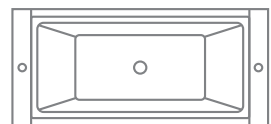
Starck X
1800 x 900 mm
2320 x 1420 mm*



Starck X
1800 x 900 mm
2320 x 1420 mm*



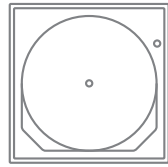
Sundeck
1900 x 900 mm
2000 x 1000 mm **



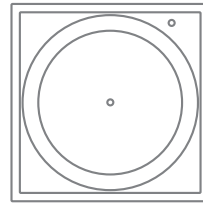
Sundeck
1900 x 900 mm
2100 x 900 mm
2000 x 1000 mm **
2200 x 1000 mm **



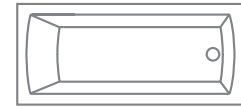
2nd floor
2100 x 900 mm



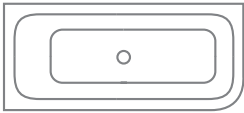
Blue Moon
1400 x 1400 mm



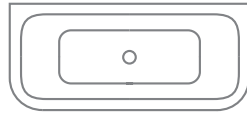
Blue Moon
1800 x 14800 mm



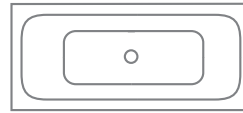
Daro
1700 x 700 mm
1700 x 750 mm



Happy D.
1800 x 800 mm
with panel



Happy D.
1800 x 800 mm
with panel



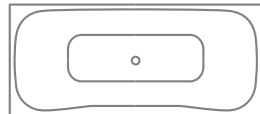
Happy D.
1800 x 800 mm



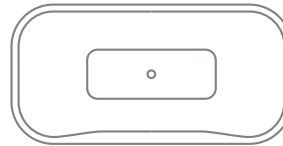
Paiova
1700 x 1000 mm



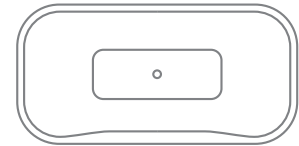
PuraVida
1700 x 750 mm



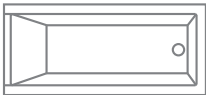
PuraVida
1800 x 800 mm



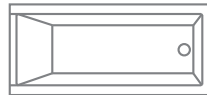
PuraVida
2000 x 1000 mm
Lay-on version



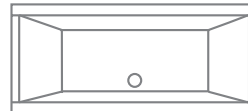
PuraVida
2000 x 1000 mm
with panel



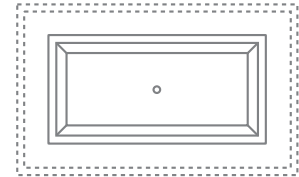
Starck
1500 x 700 mm
1500 x 750 mm
1600 x 700 mm



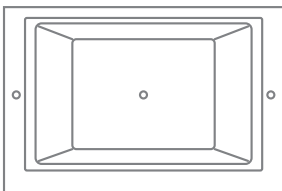
Starck
1700 x 700 mm
1700 x 750 mm
1700 x 800 mm
1700 x 900 mm



Starck
1800 x 800 mm
1800 x 900 mm
1900 x 900 mm
2000 x 1000 mm



Starck X
1800 x 900 mm
2320 x 1420 mm*



Sundeck
2100 x 1400 mm



Vero
1700 x 700 mm
1700 x 750 mm

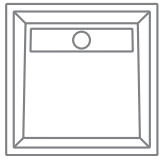


Vero
1700 x 700 mm
1700 x 750 mm



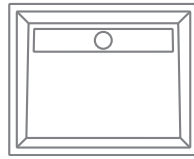
Vero
1800 x 800 mm
1900 x 900 mm

* With water channel and specially treated stones or wooden inserts, 2320x1420 mm; ** Built-in version



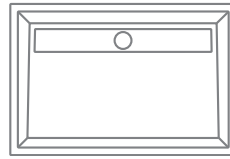
2nd floor

800 x 800 mm
900 x 900 mm
1000 x 1000 mm



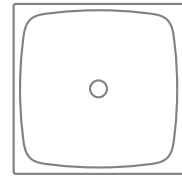
2nd floor

1000 x 800 mm
1000 x 900 mm
1200 x 1000 mm



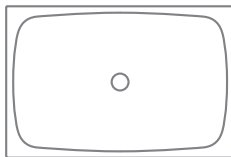
2nd floor

1200 x 800 mm
1400 x 900 mm
1800 x 900 mm



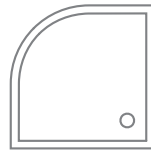
PuraVida

900 x 900 mm



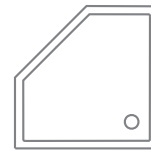
PuraVida

1200 x 800 mm



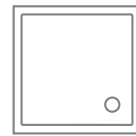
Starck

900 x 900 mm
1000 x 1000 mm



Starck

900 x 900 mm
1000 x 1000 mm



Starck

800 x 800 mm
900 x 900 mm
1000 x 1000 mm



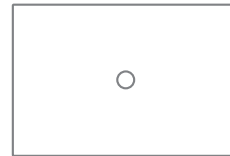
Starck

900 x 750 mm
900 x 800 mm
800 x 1000 mm
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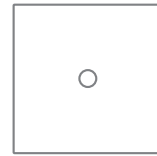
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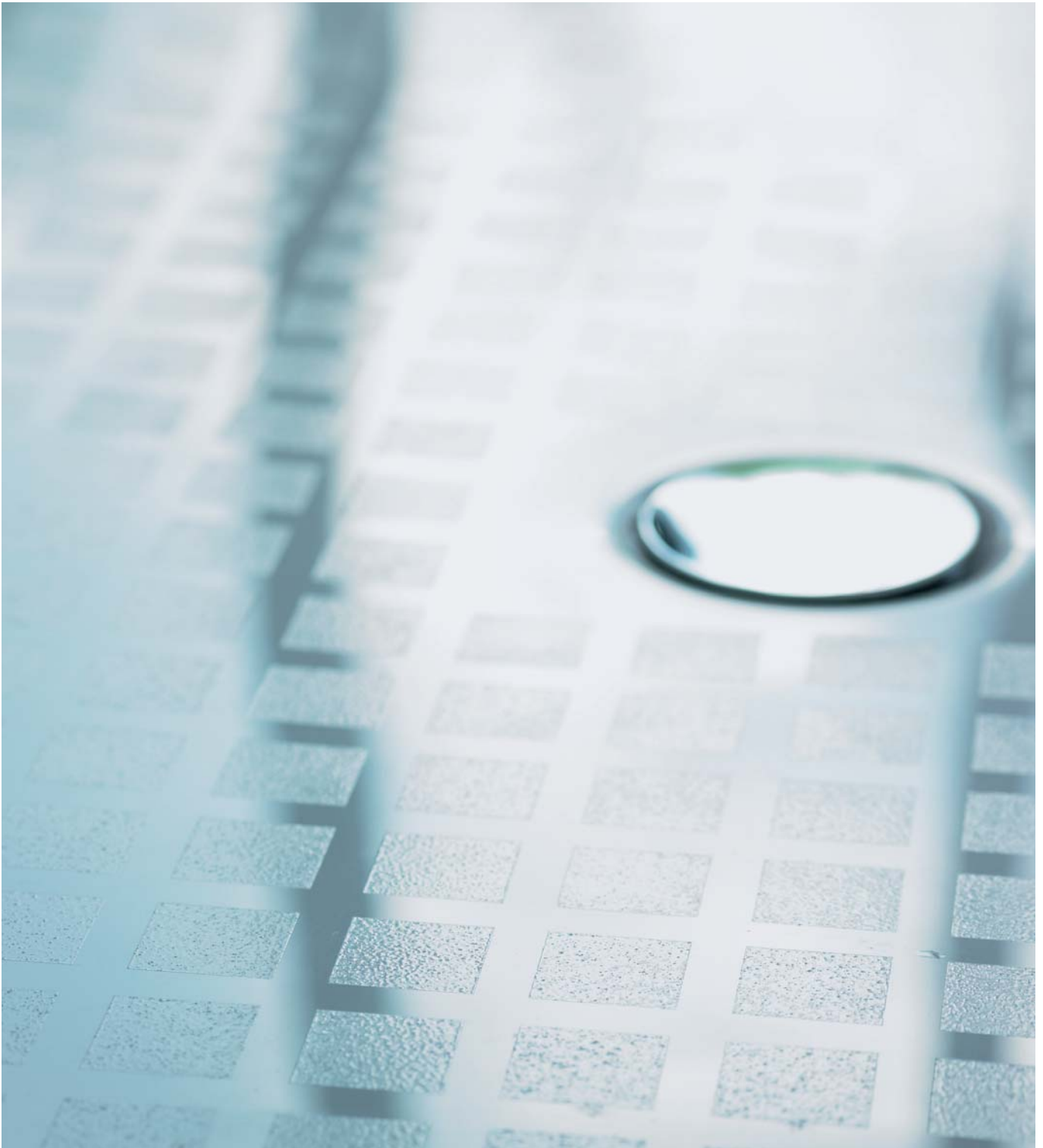
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Duschwanne**

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You will find more information including an interactive presentation of Flush Fitting Shower Trays on our website at www.duravit.com



Greater safety when enjoying a shower: the transparent but perceptible Antislip shower tray coating.

A close-up photograph of a young child with wet, curly brown hair, smiling and looking slightly to the side. The child is wrapped in a thick, white, fluffy towel. The background is a soft, light blue-grey color. The overall mood is warm and cozy.

QUESTIONS AND TIPS.
IMPORTANT INFORMATION
ABOUT TAKING A BATH.

The best bath time?

Taking a bath after 9 o'clock in the evening is an ideal way to relax. The bath should not be any warmer than 37° C. Adding a relaxing ingredient to the water, for example, melissa or vanilla, is especially good for the body. You can then go to bed feeling refreshed and fall asleep as soon as your head touches the pillow. However, if you have plans for the evening, it would be better to take a shower or a bath at max. 36° C. Don't spend longer than 15 minutes in the bathtub and choose an invigorating fragrance such as pine, orange or ginkgo.

High temperatures in moderation

Hot bath temperatures above 38° C cause the heart to beat faster and leave you feeling weary and extremely lethargic. Your skin loses more than 20% of its natural oils and becomes extremely dry, even if using moisturizing bath products. So don't spend too long in the hot water, the optimum bath time is between 15 and 20 minutes.

Good for your health

Taking a bath makes you feel better – and also has specific health benefits. Consequently, certain bathing techniques are used in therapeutic applications, for example, for those suffering from circulatory problems, rheumatic complaints or restricted mobility. As it supports the body weight, immersion in water provides relief for joints and muscles, creating a feeling of weightlessness (hydrostatic effect). Alternating between hot and cold temperatures has a healing effect. Bath additives can be a useful addition to the therapy, either to aid relaxation or to invigorate.

Bathing with scents

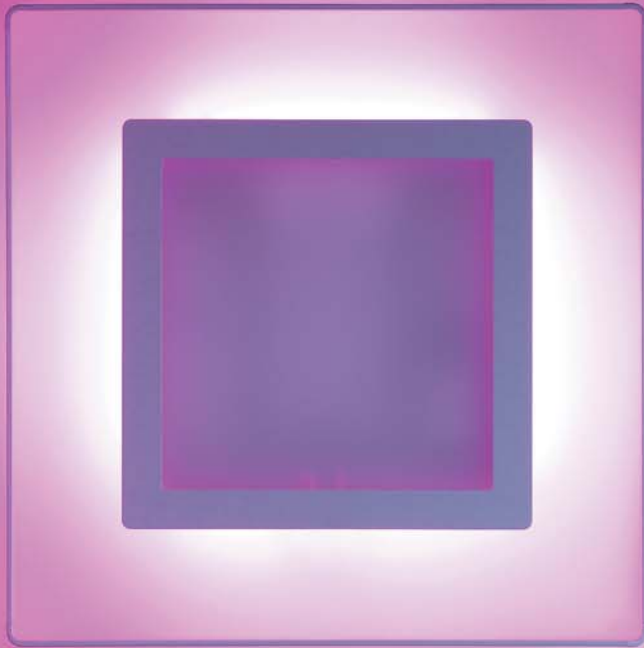
Scents and aromas have been proven to evoke positive emotions and moods. Pure, essential oils unfold their effect when added, for example, via an aroma lamp or as bath additive. Eucalyptus, pine and melissa are ideal for preventing and alleviating colds, as well as headaches and muscular pain. On the other hand, orange, ginkgo and vanilla are relaxing, stimulate the mind and enliven the senses.

Greater relaxation thanks to greater comfort

A neck cushion is a small but worthwhile investment: it supports the head, makes lying more comfortable and helps to unblock and relax the neck and shoulders. The active massage jets in a whirl tub ensure even greater wellbeing and relaxation. And bath time pleasure is doubled in a two-person bathtub, maybe even by candlelight and with your favourite music.

LIGHT IN THE
BATHROOM.
ILLUMINATION FOR
FUNCTION AND
ATMOSPHERE.





Light has an impact on our psyche. A fact that we can also take into account with interior design.

Light not only makes the flowers bloom. The skilled use of light sources can also have a positive and sustained effect on a room's atmosphere – especially in the bathroom, a place for calm and relaxation. By the way, the use of light as a design feature is certainly nothing new: as early as in Antiquity, ancient builders incorporated natural sunlight into their designs in order to create certain moods. Today, thanks to modern technology and materials, the possibilities of light design are more versatile than ever.

Illuminating, showing the way, creating atmosphere: light has a variety of different functions in the bathroom.

The topic of "light in the bathroom" is a common feature of all Duravit product areas. Starting with bathtubs, whirltubs and pools, which feature underwater LEDs to create a special atmosphere, and also as part of sophisticated coloured-light programmes. The sauna and multifunctional shower also bask in just the right light, flooded in complete coloured-light scenarios. However, light in the bathroom is not only responsible for atmospheric effects but it also serves a very pragmatic purpose: the light sources integrated in mirrors, mirror cabinets and in the innovative Mirrorwall ensemble comprising mirror, light, bathroom

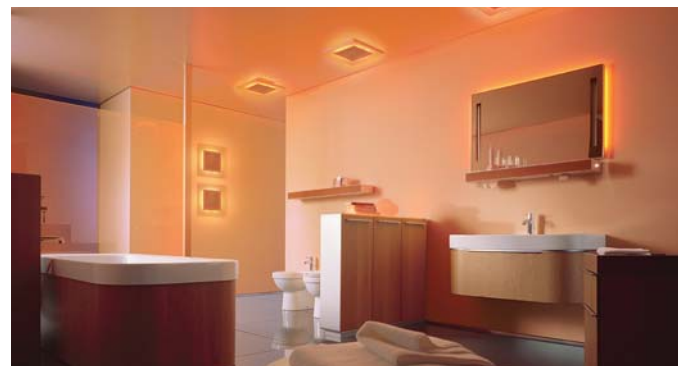
furniture and washing area ensure adequate lighting when applying make-up or shaving (see P. 120). The practical and energy-saving night-light mode is ideal for lighting the way to the bathroom during the night without waking you up completely.

e-mood creates both light and atmosphere in the bathroom – attractive, cordless and child's play to operate.

When it comes to illuminating the bathroom, e-mood is the "highlight" of the Duravit portfolio in the truest sense of the word. Although it initially seems to be just an attractive range of furniture, e-mood actually has a number of (hidden) talents: it comprises a range of mirrors, a power connection, amazing accessories and a lighting system. It is operated via touch LED. Linked via a radio signal or BUS data systems, the individual lighting elements are perfectly in tune. Innovative and multi-functional, e-mood forms a harmonious overall concept that can be extended as required, ranging from the e-board basic module to the impressive e-light lighting element. Nevertheless, however attractive and impressive e-mood is when presented as an ensemble, all individual products from the range also speak volumes when used in isolation.



e stands for emotion: with different programmable lighting, the e-mood lighting system can be used to create different coloured-light moods.





Design by Andreas Struppler



Ranging from the multifunctional e-board, all functions can be controlled via touch LED (1), for example, the night light mode shown here (2).

Design by Herbert Schultes





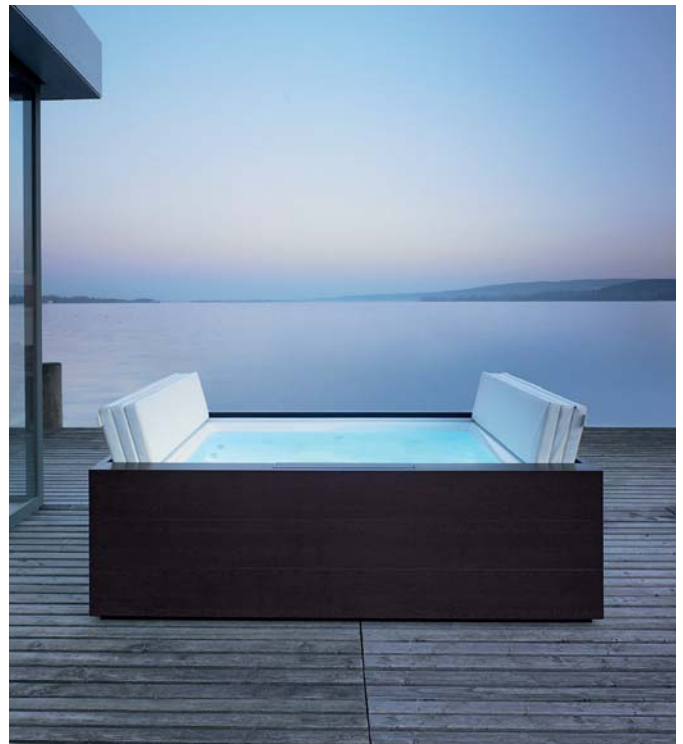
Perfectly illuminated: Mirrorwall's specially developed reflecting "sail" is approx. 500 lux, which corresponds to optimum workplace illumination. Atmospheric extra: Mirrorwall with LED strip at the side creates indirect light for changing coloured-light programmes.





In the PuraVida bathtub (Design by Phoenix Design), a recess of pure light creates a very special bathroom atmosphere.





From mirrored cabinets to saunas: with good ideas in all manner of product areas, Duravit brings functional and pleasant light into the bathroom.

QUESTIONS AND TIPS.
IMPORTANT INFORMATION
ABOUT LIGHT AND COLOUR.



Function and emotion

As a rule, the lighting in a bathroom has to meet two different requirements. First of all, it has to provide sufficient support for difficult visual tasks, for example, with meticulous facial and bodycare. Secondly, it has to create a positive mood and atmosphere, for example, so that the bathroom user has a pleasant start to the day or can de-stress whilst taking a relaxing bath in the evening. Light for function and emotion: Duravit offers optimum solutions for both requirements – so the bathroom user really can enjoy every aspect of well-being.

Optimum illumination

In the bathroom in particular, special requirements are made of functional lighting. In front of the mirror in the mornings, achieving the perfect make-up or a perfect shave takes more than just a steady hand. White functional light should illuminate the whole face – uniformly and without casting shadows or dazzling. Lights with approx. 500 lux are ideal; this also corresponds to optimum workplace illumination. For this reason, Duravit has developed a special reflecting “sail”, which is used with the Mirrorwall mirror, light, bathroom furniture and washing area ensemble.

LED for atmosphere

Sunset in the mountains, sunrise over the sea, a rainbow after a summer shower: thanks to LED technology, it is possible to recreate the light, colours and dynamism of nature. LEDs (light emitting diodes) are suitable for selective use and their compact dimensions also offer maximum design flexibility. They are also energy efficient and durable. Duravit uses LED technology with e-mood, Inipi, Mirrorwall, the multifunctional shower and with underwater coloured light in bathtubs, whirltubs and pools.

Why night light?

Do you sometimes have to go to the bathroom during the night? Don't switch the light on: when it's dark, more of the hormone melatonin is secreted into the blood and this helps you to sleep. Normal bright light destroys this effect: with a light brighter than just 200 lux, the melatonin value drops and the body enters waking mode. It is better to use a special LED night light that provides sufficient orientation and safety when it is dark without waking the body fully from sleep. e-mood, Mirrorwall, Multibox New, PuraVida and 2nd floor are all fitted with a night light.

What effect do colours have?

Colours have been scientifically proven to affect our well-being. Cool colours have a calming effect, warm tones enliven the senses – and yellow is said to enhance performance. This is why coloured light is also used in therapies to treat mental and physical disorders. Individual colours have the following effects: Yellow stimulating, liberating. Red: stimulating, warming, vitalising. Violet: stabilising, regenerating, inspiring. Blue: calming, soothing. Turquoise: vitalising, invigorating. Green: agreeable, calming, stabilising.

WELLNESS FROM A TO Z SOME THINGS WHICH ARE WELL WORTH KNOWING...

From Ayurveda and Yoga to Kneipp and Thalasso:
Our Wellness A to Z contains a number of terms that
are encountered time and again whenever the topic
is wellness.





Acupressure Traditional Chinese medicine. The body's special energy points are stimulated by pressure applied by the fingers in order to alleviate pain and revitalise the body's energies.

Acupuncture Traditional Chinese medicine. Needles are inserted at special points on the body in order to release blockages of "life energy" caused by stress, overwork or illness and to alleviate pain.

Aquatherapy Physical activities in water, such as aqua walking, aqua aerobics and aqua gymnastics. Particularly easy on the joints thanks to the fact that the body weighs less in water.

Aromatherapy Treatment using aromas, e.g. in the form of bath oils. Things such as lemon grass, eucalyptus and lemon have an invigorating effect, for example, while lavender, vanilla and violet are relaxing. -> Bathing, pool baths, steam showers.

Autogenic training Concentration exercises for relaxing the body. Strengthens self-awareness, reduces the heart rate and relaxes the muscles.

Ayurveda Indian "science of life"; the oldest surviving system of medicine. Special diets and treatments such as synchronised massage, shirodhara (gently pouring oil over the forehead) and -> steam baths remove toxins from the body and strengthen spiritual equilibrium. -> Swedana.

Bach flower remedies Used for the treatment of psychosomatic ailments, insomnia or stress. According to Dr. Bach, there are 38 different conditions of the soul, and there is a specific flower tincture for each, which is to be taken in the form of drops.

Balneotherapy Bathing therapy. Combinations of fango mud baths and packs, mineral water spa treatments, individually supplemented by hydrotherapy, inhalations, underwater massages, underwater physical therapy, "taking the waters" and nutrition programmes.

Bioenergetics Physical therapy for muscle relaxation. The use of a combination of massage, application of pressure and gentle touch in order to alleviate muscle tension and inner tension.

Caldarium Classic Roman steam bath. The floor and walls of the room are heated to 40-50°C, and the air humidity can be as high as 100%. Relieves strain on the circulation and relaxes the muscles. It is also used as preparation for a session in the sauna.

Callanetics A type of physical exercise whose objective is to train the inner muscles. Small movements which are gentle on the joints are repeated frequently in order to firm the tissue. Is used to support efforts to lose cellulite.

Colour light therapy Colours can alleviate pain and have a healing effect. Penetrating coloured lights are shined on the patient in order to treat such ailments as depression and allergies. This is ideal in conjunction with aromatherapy and mental training. -> Light in the bathroom

Fango mud Mineral-rich mud of volcanic origin. With a fango spa treatment, the body is "packed" in fango mud that has been heated to 50°C. Fango mud packs help to relieve rheumatic ailments and tension.

Fasting cure Doing without nutrients for a limited period of time. Promotes the detoxification and -> purification of the body. By practicing this cure on a regular basis, many chronic health problems can be alleviated or eliminated.

Feldenkrais Method Gentle movement training to alleviate tension. Using very slow and calm movements, the patient is taught how to move in a correct and healthy manner.

Feng shui Chinese system of natural balance. Its objective is to bring rooms and places into harmony with their surroundings. Feng shui is used with architecture, interior design and landscaping.

"Five Tibetan Rites" Tibetan exercises. Combination of five exercises or sequences of movements which are to be performed in conjunction with conscious breathing and spiritual awareness. It is meant to mobilise the body's own reserves, vitalise and even rejuvenate.

Ginkgo Pharmaceutical produced from the leaves of the ginkgo tree. It has been used in traditional medicine for centuries. Regularly taking ginkgo compounds improves the blood flow.

Hamam Classic Turkish -> steam bath. Consisting of separate hot air, warm air, cold and relaxation rooms. Visits to the Hamam also include soapy scrubs and oil massages, body packs, water rinses or showers, peelings etc. -> Rasul mud bath.

Hot stone therapy Method for relaxing the muscles. For this method, smooth basalt stones are heated to approx. 60°C and then placed on the body, or are used to massage the body. It is a good way to prepare for going into the -> sauna.

Hydrotherapy Treatment with, or healing by, water (from Greek "hydro"). Hydrotherapy on a regular basis strengthens the immune system and helps to prevent illness.

Kinesiology "The science of movement." A therapy performed by practitioners of alternative medicine or physiotherapists for which muscle tests and body surveys are used to diagnose illnesses which are then treated using naturopathic treatments.

Kneipp Cure A system of healing involving the application of water according to the methods developed by Sebastian Kneipp. Cold-warm temperature influences stimulate the blood's circulation, boost the metabolism and promote -> purification. Approximately 100 varieties; washings, showers, wraps, herbal baths etc.

Kompaktkur ("Compact Cure") Therapy employing a multidisciplinary approach. A complementary combination of behavioural therapy, exercise therapy, balneotherapy, hydrotherapy, physical measures, nutrition and relaxation therapy.

Laconium A room with a temperature of approx. 55°C. After 15 minutes, the body is warm enough that intensive perspiration leads to a process of -> purification.

La Stone Therapy Originally a shamanistic healing method. It involves placing heated lava stones on the energy centres of the stomach, heart and forehead. This is followed by a stimulating massage using warm and ice-cold stones.

Lomi lomi nui A Hawaiian method for relaxation ("lomi" = press, knead, "nui" = large, unique). A combination of connective tissue massage and gentle callisthenics.

Lymph drainage Drainage in order to activate the lymph system. For application in the event of oedema, strained or tired legs, after operations and accidents, and for disturbances of the nervous system. Facial lymph drainage helps to prevent wrinkles.

Massage Mechanical manipulation of the skin, connective tissue and musculature. There are a wide variety of massage methods. Thanks to its proven efficacy in alleviating pain, it is also used in pain therapy.

Mayr Therapy Diet, also known as the "milk and bread roll" cure, consisting of old bread rolls, milk, herbal tea and still water, sometimes along with Epsom salts for -> purification. Helps to cleanse, detoxify and relieve the intestines.

Meridian Energy currents in the human body as defined by traditional Chinese medicine. 12 primary meridians comprise a system through which the energy is directed from the organs to the muscular system and tissues.

Osteopathy A method of treatment from the field of alternative medicine which was founded by Andrew Taylor Still. Devoted to the examination, diagnosis, therapy and prevention of physical restrictions of movement.

Pantai Luar Therapy using warm herbal oils. This treatment aims to remove damaged body cells, revitalise existing cells and stimulate the production of new cells.

Pilates A programme of physical exercises. Mat work supplemented with apparatus training. The object is to form and strengthen muscles and to improve posture.

Purification Spa treatment for removing impurities from the body. The intake of nutrition is limited to beverages such as water and tea, and a minimum of solid foods (such as bread etc.). Calorie intake is to be less than 1,200 calories per day.

Qigong Chinese exercises with whose help the "life force", known as Qi, is to be made to flow.

Rasul mud bath Oriental care ritual. This includes the application of various types of mud, relaxing herbal steam treatments and the cleansing and oiling of the -> purified skin. -> Hamam.

Reflexology Pressure-point massage of the soles of the feet. This massage system is based on the belief that there is a connection between the organs, lymph and nervous systems and specific locations on the soles of the feet, and aims to use massage to stimulate and positively influence these parts of the body.

Reiki Japanese for "universal life energy". Originating in Tibet, this method was rediscovered by a Japanese priest. A technique in which hands are placed on the body in order to reinvigorate the flow of energy within it.

Sauna Cleansing and -> purification through heat. Saunas were already in use in Asia more than 5,000 years ago, and later made their way to Europe and the Americas. Today's sauna culture was established approx. 2,000 years ago in Finland. -> Saunas, Inipi.

Schrothkur ("Schroth Cure") A naturopathic treatment for -> purification and weight loss. Consisting of a diet low in fat, salt and protein, with dry days and wet days and warm, damp packs in order to stimulate the blood circulation.

Shiatsu Technique derived from Chinese -> acupuncture ("shi" = finger, "atsu" = pressure). Using the locations of the -> meridians as a starting point, the objective is to remove blockages through the application of gentle pressure, revitalising the life force and alleviating stress.

Spa 1. Abbreviation of "sanus per aquam" (Latin for "health through water"); 2. Belgian spa; 3. Synonym for wellness areas having to do with water in all of its forms. -> Bathing, pool baths, steam showers, saunas.

Steam bath A variant of the -> sauna. For cleansing and -> purification, although at a lower temperature and higher moisture level than with a sauna. Country-specific versions, including Banja (Russian), Caldarium (Roman), -> Hamam (Turkish).

Swedana -> Ayurvedic heat therapy using medicinal herbal steam. This involves the body being placed in a wooden sweat box, while the head remains outside of it. Detoxifies, -> purifies and cleanses the skin.

Tai Chi Chinese form of physical therapy. Calm, flowing movements, seemingly carried out in slow motion, train the muscles, tendons, ligaments and joints, and stabilise the spine.

Tepidarium Low temperature sauna in which fever temperatures are generated artificially. In this way, the body is -> purified, the body's defences are mobilised and the immune system is strengthened. -> Saunas.

Thalassotherapy A centuries-old therapy which takes advantage of the sea's healing powers. This includes algae foot baths, algae oil massages, algae packs and algae jelly face masks. This treatment is used for acne and rheumatism, among other things.

Thermalkur ("Thermal Cure") Bathing cure in hot thermal baths. Thanks to its healing effect, this is a recognised method of therapy for many illnesses.

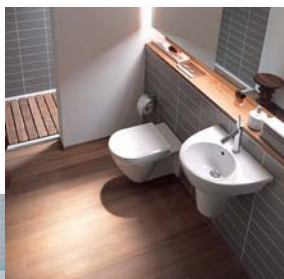
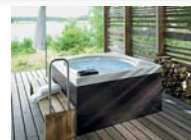
Tridosha Relaxing bath treatment in accordance with -> Ayurvedic applications. It is also the designation for the three fundamental Ayurvedic energies: Vata, Kapha and Pitta.

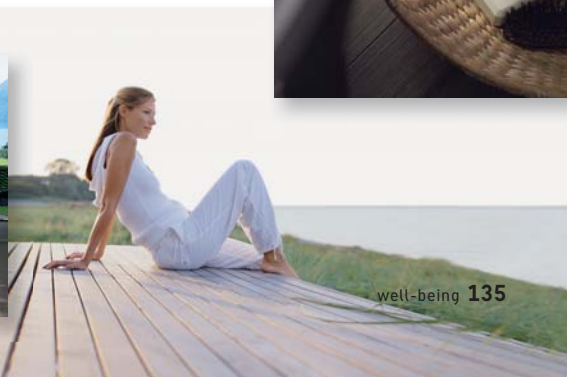
Yoga Physical exercises for relaxation which were developed in India some 5,000 years ago. These not only promote physical fitness, but also spiritual wellbeing.

A photograph of a person's legs sticking out of the ocean, with waves breaking around them. The background is a bright, hazy sky and sea horizon.

LIVING BATHROOMS. THE DURAVIT BRAND.







The complete bathroom from a single source. Lots of things make living bathrooms more attractive. You'll find most of them at Duravit. In addition to the saunas, pools, bathtubs, shower trays and lighting systems we are presenting in this brochure, Duravit also produces high-quality sanitary ceramics, bathroom furniture and accessories. With almost 200 years of experience, tremendous craftsmanship and an unmistakable feeling for good design: the work of high-profile designers, Duravit products continue to win international design awards.

However, when you choose a Duravit bathroom, you not only decide in favour of good design but also sustainability and environmental responsibility. This starts with resource-saving manufacture and its logical continuation is manifested in the products themselves, which help to save valuable water. Furthermore, durable materials that are easy to process, such as ceramic, have a positive impact on the environmental performance. All of the company's activities, up to and including new product development, are tested for their possible environmental impact. Duravit thus offers multi-award-winning design paired with the necessary sustainability – for beautiful and responsible living bathrooms.



Do you want to read more? The current Badmagazin with information about sanitary ceramic, bathroom furniture, bathtubs, shower trays, etc., is available free of charge from www.badmagazin.com

Do you want to get to know our products? Addresses of our retailing partners you will find on our homepage www.duravit.com



WELL-BEING WORLDWIDE:
WELCOME TO OUR SHOWROOMS.



Duravit Design Center: Werderstraße 36, 78132 Hornberg, phone +49 7833 70114. Bathroom showroom, information, taking a test bath (please make an appointment). Open Mon - Fri 8 a.m. - 7 p.m., Sat 12 a.m. - 4 p.m., admission free!



Duravit Sanitärporzellan Meissen: Ziegelstraße 3, 01662 Meissen, phone +49 3521 466521. Bathroom showroom, information, taking a test bath (please make an appointment). Open Mon - Fri 8 a.m. - 4 p.m., Sat 10 a.m. - 4 p.m., admission free!



Duravit NYC: 105 Madison Avenue New York, NY 10016, phone +1 212 686 0033. Bathroom showroom and information (please make an appointment). Open Mon - Fri 9 a.m. - 5 p.m., admission free!



Duravit Paris: Salon d'Eau, 146, Avenue Ledru-Rollin, 75011 Paris, phone +33 1 43 72 22 22. Bathroom showroom and information (please make an appointment). Open Mon 10 a.m. - 1 p.m. and 2 p.m. - 6.30 p.m., Tue - Fri 9 a.m. - 6.30 p.m., Sa 10 a.m. - 6.30 p.m., admission free!



Duravit Cairo: Duravit Building, Elmosheer Ahmed Ismail Street, Sheraton Heliopolis, phone +202 2696 8700. Bathroom showroom and information (please make an appointment). Open Sun - Thu 10 a.m. - 6 p.m., admission free!



Duravit Tunisia: Boulevard de l'Environnement, Zarzouna 7021, Bizerte, phone +216 72 591 130. Bathroom showroom and information (please make an appointment). Open Mon - Fri 8.30 a.m. - 5.30 p.m., Sat 8.30 a.m. - 3 p.m., admission free!



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