

# Healing

## *lifestyles & spas* magazine

Featuring: Miramonte Resort & The Well Spa

# Water World

By Tanya M. Williams

*Hydrotherapy*, the therapy of water, is the essence of the original spa. An acronym, S.P.A. stands for Solus Par Aqua, a Latin phrase meaning health through water. The original spas were similar to what we call bath-houses, places where individuals, or often entire communities, would go to soak, steam, and enrich their health through water therapy.

Like many healing arts, hydrotherapy found its place in diverse cultures across the globe, from Japan to Turkey, Rome to Mexico. Though spas have evolved significantly from their ancient roots, many still take hydrotherapy very seriously, honoring their collective origin by incorporating water via simple footbaths or more modern Vichy showers. Below you'll find a primer on water therapies old and new as well as why this age-old remedy still commands a place on spa menus.

### Watsu

Watsu, or Water Shiatsu, is a form of therapeutic aquatic bodywork that takes advantage of water's buoyancy and hydrostatic pressure on the body and shiatsu's stretches, compression, and manipulation to create a one-of-a-kind massage experience. Performed in a warm tub, pool, or spring, this

*Where would we be without water?*

Second only to air, water is vital to life and to health. We are instinctively drawn to it, whether as ocean, water-fall or rain. We delight in watching it move and are soothed by its hypnotic sound. Fluid beings ourselves, we respond powerfully to water for ritual, healing, and recreation. Undoubtedly, our connection to water is in part what draws us to spas.

nurturing bodywork uses synchronized breathwork, gentle rocking movements, and twists to increase range of motion, relieve pain, and induce relaxation.

Christina Frantzen, watsu therapist at **The Well Spa at Miramonte Resort** says, "Water's lulling ability to melt tension and ease pressure from the spine is unparalleled. Yoga-like stretches and shiatsu-like moves enhance the ability to relax and release tension held in the body." Frequently compared to returning to the womb, Watsu cultivates trust while unraveling physical and emotional stress.

## Water Therapy Wonders

**Miramonte Resort & The Well Spa**

Indian Wells, CA

[www.miramonte.com](http://www.miramonte.com)

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