

## Continuous shower therapy (Vichy shower)

The continuous shower, also known as the “Vichy shower” is a form of water therapy which is being carried out in naturopathic centres since the last several decades. It actually involves a closed shower equipment in which a patient lies down and is sprayed intensively from the top with several shower heads for about 15-30 minutes. During this time, the shower heads move and vary their spraying intensity, water temperature and sprinkling character. The intensive shower flash leads to strong stimulation of the skin blood circulation. The vegetative nervous system is also stimulated through fine skin reflexes which can have a major effect inside the body. The continuous shower has a relaxing effect at first but a stimulating effect on the long run. The use of this therapy is generally perceived as soothing. The continuous shower therapy can be carried out several times a week.

### Indications of continuous shower

- Stimulation of the vegetative nervous system, especially the vagus nerves
- Sleeping difficulties
- Liver and intestinal disorders
- Blood pressure and mild heart complications
- Vegetative dystonia / rapid exhaustion
- Headache, migraine
- Back and soft tissue problems
- Skin diseases – after discussion with a doctor
- Detoxification of the skin in case of poisoning with heavy metals or other toxic material

### When is continuous shower “forbidden” / unsubscripted?

- Heart insufficiency
- Hypertension with blood pressure readings of 200mmHg (systolic) and 120mmHg (diastolic)
- Condition after brain stroke
- Psychosis
- Age above 75 years

After the continuous shower, you should take rest for about 30-60 minutes. The body can relax quite well during this time. Drink mineral water after this therapy.

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