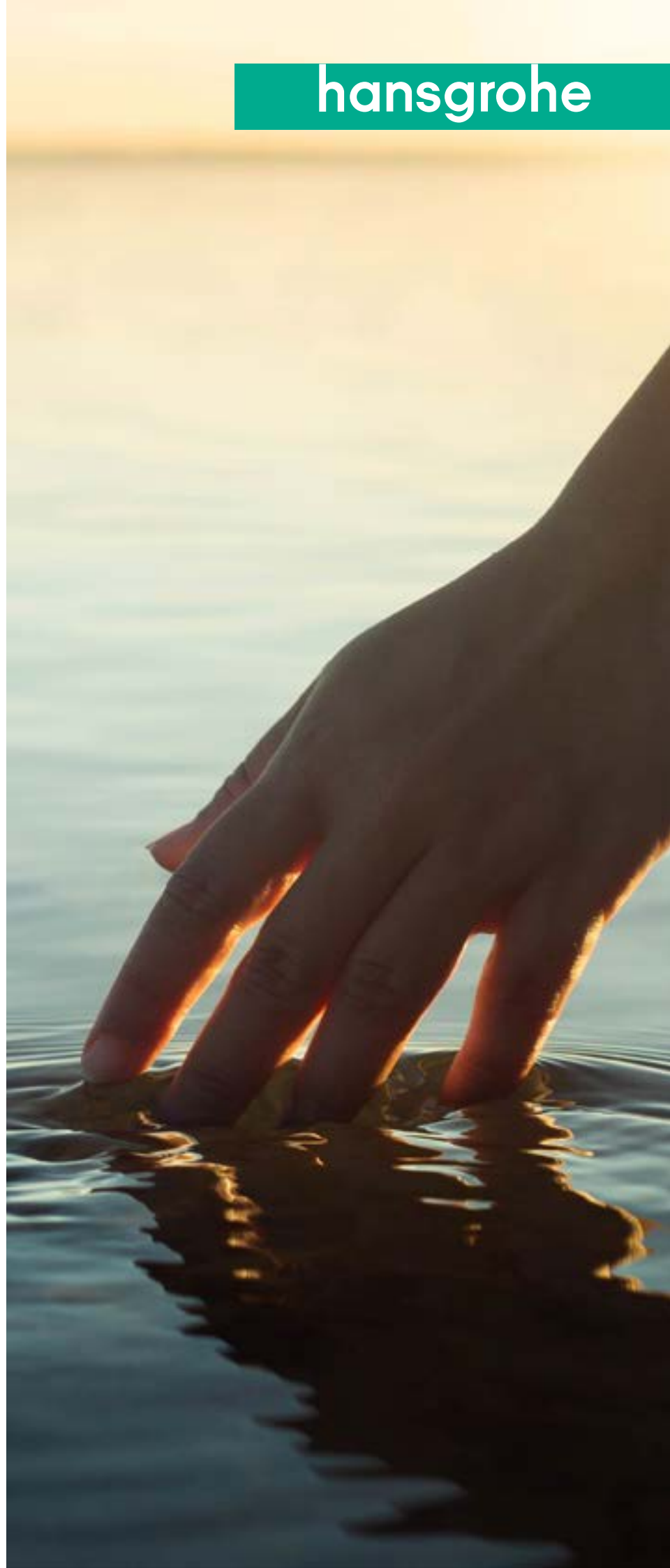


hansgrohe

The fascination of water

Relaxing rituals for your
feel-good moment
#WondersOfWater

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Without the element of water, nothing would be able to exist. Life on Earth began in the oceans. Waterfalls in our bathroom connect us to nature. They relax us and heighten our senses all at the same time. You can get up close and personal and experience water in its truest form here.



Water has fascinated humankind worldwide for thousands of years

Whether you look to the ancient people of Europe, Asia or America: All over the world, the element of water has played a vital role in people's lives for thousands of years. A role that extends beyond purely surviving. Bathrooms have always been places to meet and contemplate matters, both on a physical and spiritual level.



Artistic bathhouses: the hub of public life in Rome

The Romans refined the Greek ethos of body care and transformed bathhouses into veritable wellness temples. They enjoyed the refreshing qualities of cold water just as much as they did steam baths, saunas and relaxing in lukewarm water. Everybody who was anybody met here – they were often also entertained by artists here.



Modern bathing culture: first-hand luxury with a spiritual element

In the Middle Ages, body care led a shadowy existence. It was only in the 19th century that private bathrooms moved back into residential properties. Even a few decades ago, the bathroom usually only consisted of a simple bath tub and a shower. These days we can enjoy the sensation of delicate summer rain and water massages, safe in the knowledge that water cleans our body and strengthens our soul.

The Ancient Greek flair for body care with showers and baths

Back in Ancient Greece, water was already splashing its way out of showers, and many households had their own bathroom. Plato considered swimming to be just as important as writing. In Olympia, athletes could relax in constructed baths. In this era, body care was just as much a social experience as it was a private one.





The inspiring variety of modern water culture

Thanks to modern technology, we can now enjoy the element of water to our heart's content, all while being inspired by various cultures. The ideas we can bring to life in the most intimate area of our living space range from minimalist Japanese onsen right through to the Finnish sauna.

Silky smooth skin after a visit to the Turkish hammam

The Turkish hammam can take on an almost religious status for people of all genders. Vaulted ceilings and artistic ornaments adorn the Turkish baths. Its centrepiece is a slab of marble on which bathers receive a deep, cleansing massage. Careful hair removal techniques and relaxation in the steam baths will make your skin feel the smoothest it will ever be.



Boost metabolism through hot and cold contrasts in Finnish saunas

During the long winters, Finnish people boost their circulation, their immune system and their mood through extreme temperature fluctuations. Out of the population of five million Finns, around three million of them flock to the saunas. Gentle beating techniques using birch branches open the pores to the heat. Then it's off to the snow to cool down.

Japan's onsen: pure minimalism with aesthetic appeal

For thousands of years, the Japanese have piped water from hot springs into their baths, called onsen, which feature a pure and minimalist design. The ceremony begins with thorough cleaning. In private bathrooms, a round bath tub made of cypress wood becomes an alluring place to relax in the hot water. A wall-mounted shower and wooden stool are used for body care.



Exuberant indulgence in the hot steam of the Russian banya

Russia's banya is reminiscent of sweat lodges and may be inspired by Viking rituals. Cool water on red-hot stones creates an extremely hot steam, which cleanses the body from the ground up. Massages, thrashings with birch twigs and the obligatory vodka transform the banya into an exuberant indulgence.



Communal bathing in Korea's opulent jimjilbang

Korea's bathing culture is inspired by Japan but with added opulence. Modern jimjilbang feature a number of saunas, heated salt rooms and steam rooms. Groups often stay overnight in the jimjilbangs and entertain themselves with karaoke, video games and films between bathing.





Conscious relaxation in the most intimate room of your home

In no other room do we get as up close and personal with ourselves as we do in the bathroom. The silky-soft feeling of water droplets in the shower, the comforting cocoon of silky water in the bath tub or the refreshing water jet at the wash basin: There are so many ways to enrich your day with mindful rituals here.

Cleanse your body and soul with the shower's water jet

Consciously letting go under the shower can free us from negative thoughts. Imagine how each individual droplet of water gives you new energy. Then close your eyes and focus on the feeling of gratitude. Your body does wonderful things for you every single day.



Symbolic immersion with hand washing at the wash basin

Washing our hands connects us to the power of water in a split second. Imagine how the water droplets flow into the river and then the ocean and feel how this connection strengthens you – a mindful moment that cleanses you in many ways.



The bath tub – the place for long-lasting deep relaxation

The bath tub is the perfect place to forget day-to-day stress through deep relaxation. Candles, a fragrant oil burner and a moment to be on your own and gather your thoughts create an intimate atmosphere. Immerse yourself in the water and consciously enjoy the warmth. Breathe deeply and be mindful of how every part of your body feels.



Relaxed feel-good moments with water in your own bathroom

For millennia, we humans have valued the natural power of water for body care. Cultures all over the world provide inspiration for pampering yourself with this fascinating element in the bathroom. You can transform this important living space into a wellness oasis in a few steps. All you need to do is take a look at all the options available to you. The Vivenis tap range from hansgrohe will wow you with a totally new sensation of water on your skin here.



#WondersOfWater





Create your own perfect relaxation ritual for yourself!

You know your preferences best. To come up with your personal bathroom relaxation ritual, close your eyes. What comes to mind when you think of water? Which fragrance stimulates you in the bathroom? Do you prefer the bath tub, shower or wash basin? The answers to these questions are the main ingredients for your ritual.

#WondersOfWater

Even in the ancient world, baths were the centre of public life. Today's steam rooms, showers and swimming pools can be traced back to these times.

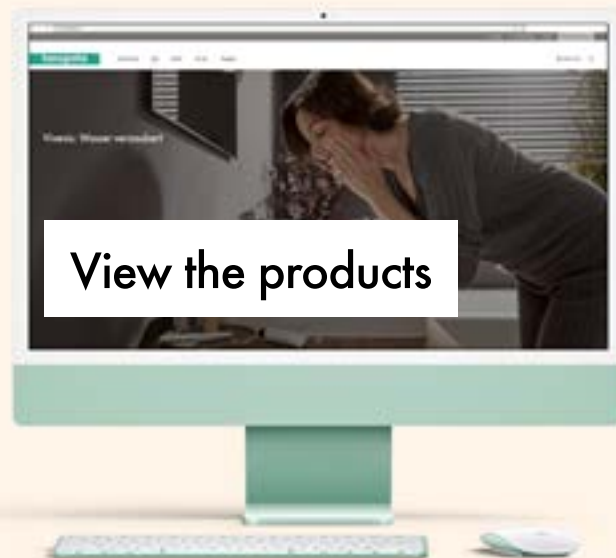
After private bathrooms faded into obscurity for a long time, they are experiencing a new lease of life in the modern age. We can experience body care as an up-close-and-personal indulgence here.

With minimal effort, we can practise rituals in the bathroom that place the focus on the element of water for relaxation.

In our hectic everyday lives, the bathroom offers an opportunity to enjoy a mindful retreat. It is a place where we can focus on the wonderful qualities of water and catch our breath.

Thanks to the multitude of options, we can design our bathroom to precisely suit our needs.

Be inspired!



Take the next step



Do you know which look suits you and your bathroom and you're looking for the perfect product? Then visit your nearest hansgrohe retailer for advice.

