

# nuvola

## Floating Experience



Enjoy a an unforgettable journey of the senses! Nuvola is a tube where zero gravity, coloured lights, adjustable temperature, hydro massage and no direct contact with water will make you taste a unique experience!

Hot water envelops the body uniformly, supporting it in a dry embrace. Freed from its own weight, the body can rest to the full: every muscle is at complete and utter ease.

The body is free to produce endorphins; it loses the perception of its own borders and enters a new dimension.



Increase in concentration



Improvement in tissue oxygenation and microcirculation



Improvement in the physiological parameters of relaxation, including cardiac variability, blood pressure and breathing rate



Improvement in learning, cognitive abilities and creativity



Improvement in powers of introspection



Increase in production of serotonin, an antidepressant and natural anxiolytic, resulting in stress reduction



Improvement in quality of sleep and reduced insomnia



Improved jet-lag recovery



Reduction of pain and musculoskeletal tension through distension and relaxation spinal column



Improvement in athletic performance

