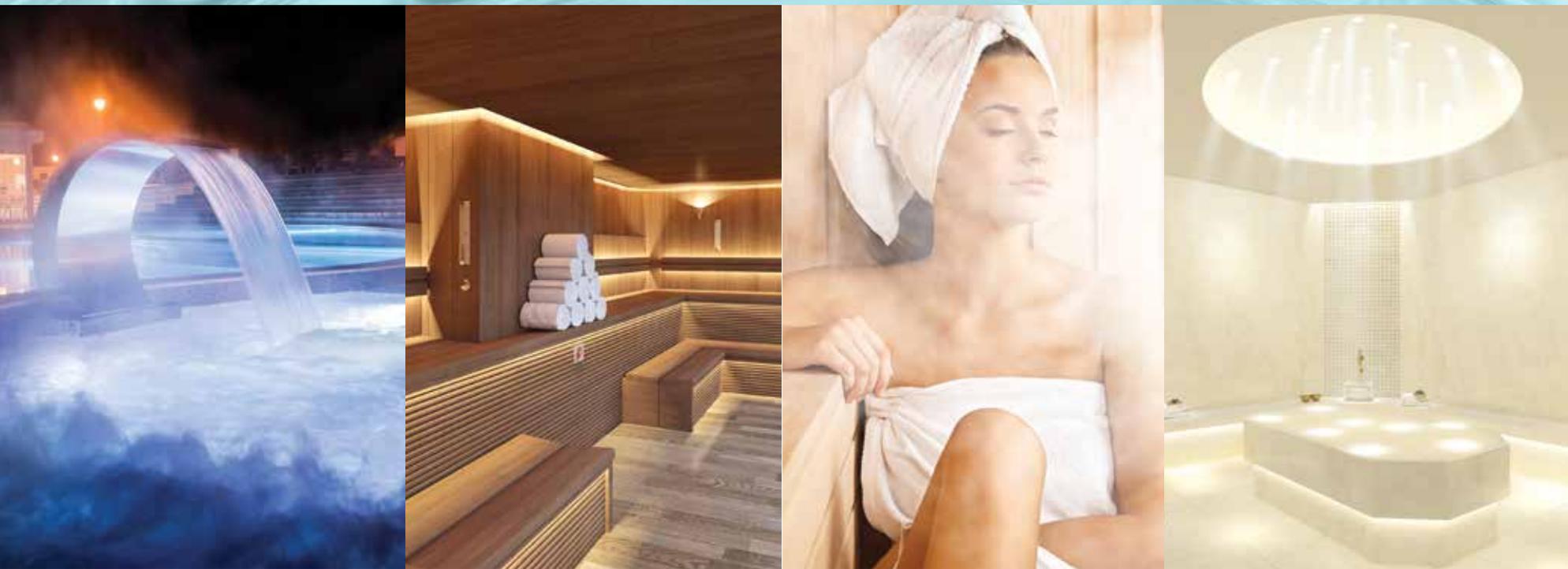


An Unparalleled Hydrothermal Experience Awaits at Amrit...

# AAYUSH



## PRESENTING OUR EXCLUSIVE AAYUSH HYDROTHERMAL EXPERIENCE.

Amrit Ocean Resort & Residences, in partnership with global experts in wellness modalities, heat therapy, cryotherapy, and hydrotherapy have developed the only indoor/outdoor hydrothermal experience in Florida spanning over 40,000 square feet. Amrit, which translates from Sanskrit to 'elixir of life' extends our concept of wellness for life with our exclusive hydrothermal experience, Aayush, part of our 100,000 square feet wellness amenities.



**Amrit**  
OCEAN RESORT & RESIDENCES  
WELLNESS FOR LIFE

*Continued on reverse side >>>*

# AAYUSH HYDROTHERMAL INCLUDES:

## Hydro-Reflexology Path

Amrit Aayush offers the only hydrothermal-focused curated experiences that are found nowhere else. Designed exclusively for Amrit, the Hydro-Reflexology Path, inspired by Kneipps therapy, improves circulation and brings the hydrothermal experience for feet and legs into the future. Walk the specially designed path with alternating hot and cold foot baths to encourage better circulation while foot reflex points are activated. This creates refreshment for feet and legs resulting in total body engagement. Conclude with a cold dip and emerge renewed. ☉

## Replenishment Pools

Gently step into our Replenishment Pools to ease and relax one's self by naturally encouraging inner-healing as you walk across the pools. Submerge and feel a warming womb-like embrace in one, while the other tones as it cools the senses. Together both pools combine for a unique experience encouraging enhanced circulation. ☉

## Pools

Amrit's pools, including our Lap Pool, are ultra-filtrated for an optimum healthy experience. Our spectacular lap pool is ideal for water therapy, hydro classes and the traditional laps surrounded by beautiful Florida fauna and foliage. ☉

## Steam and Sauna

Aayush steam and sauna are essential to the hydrothermal wellness journey providing positive physiological effects and encouraging both physical and mental relaxation. Specially appointed with optimum comfort in design to relax and allow the beneficial heat to permeate the senses and release impurities, Aayush steam rooms have state-of-the-art systems to ensure constant warmth and high humidity to ensure optimum results. Mens, ladies or co-ed steam and sauna experiences are available. Close your eyes and allow the warmth to envelop your senses, ease discomfort and renew one's self—emerge with a sense of being completely rejuvenated. ☉

## Inhalation Salt Therapy Chamber

Experience a powerful and special micro-climate that uses the negatively charged ions in salt vapor to improve health and combat mental lethargy. For centuries naturally-occurring salt caverns have been used by healers and shamans to treat respiratory ailments. Amrit's Aayush specially designed halotherapy chamber uses the natural power of salt to holistically enhance both your energy and deep breathing like never before. ☉

## Arctic Chill fountains

An important aspect of our Aayush hydrothermal journey includes cold therapy, experienced with our specially designed Arctic Chill Fountains to aid increased circulation, toning and alleviate discomfort, from headaches to bodyaches. Cold-therapy has been shown to decrease inflammation and encourage a refreshing sense of renewal. Chill out with our Arctic Chill Fountains with a burst of arctic ice to invigorate your mind, body and senses. ☉

## Effusion Shower

Aayush Effusion Shower will take you on an incredible hydro-journey of soothing mists, intense deluge storms, a downpour of rain and a mystic arctic chill—each designed in combination with aromas to engage your senses. Emerge tranquil and cleansed with a refreshed sense of renewal and balance. ☉

## Optimum Experience, Best Results

Amrit's professional wellness team will guide you through Aayush to obtain the optimum experience with the highest results. Enjoy the only extensive hydrothermal journey in Florida. Enjoy wellness for life with Amrit Aayush. ☉

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