

# Make a Splash With This Aquatic Treatment Inspiration

By Marisa Sobotka | Jul 12th, 2023



Le Barthélemy Hotel & Spa's concept elevates the wellness philosophy by introducing two rare water healing experiences: Janzu and Aquatic Tibetan Sound Healing.

Photo courtesy of Le Barthélemy Hotel & Spa

Luxury spa destinations are making waves in the aquatic treatment space for their innovative new offerings. Water-based services are trending for its restorative benefits for the mind, body and soul. Guests can experience the feeling of weightlessness while floating in a Janzu ritual at Le Barthélemy Hotel & Spa, soak in a Ofuro tub at the Ko'ele, Sensei Lāna'i, A Four Seasons Resort and more. We've gathered aquatic treatments from top resorts and spas to serve as inspiration

## **Janzu and Aquatic Tibetan Sound Healing**

### **Le Barthélemy Hotel & Spa**

Award-winning Le Barthélemy Hotel & Spa and sister brand, Le Barth Villa Rental are introducing a one-of-a-kind holistic wellness concept that harnesses the healing powers of the water element. Expanding upon the hotel's partnership with La Mer and Nordic water therapy offerings, the concept elevates the wellness philosophy by introducing two rare water healing experiences: Janzu and Aquatic Tibetan Sound Healing.

Janzu is a therapeutic psychocorporal experience that embraces the concept of reunion with the water as our origin and essence of life. The practice of Janzu – which means 'peaceful river' in Chinese pulls inspiration from ancient Shamanic

regression techniques. As the physical body engages in guided rhythmic movements in the water, the mind is able to completely surrender and ultimately transform. The weightlessness and gentle support of the water allow guests to enter the deepest state of relaxation. The movements, led by a trained expert, are designed to relax, realign, and reharmonize the mind, body and spirit.

Le Barthélemy and Le Barth Villa Rental are also introducing Aquatic Tibetan Bowls by Marine Delfino; which guests are welcome to combine with the Janzu experience for the ultimate water healing experience. With deep appreciation for the bowls' ancient origins that made their way through Tibet, Nepal and India over 5,000 years ago and the indigenous cultures who practice sound therapy, Marine Delfino, the architect of the Aquatic Tibetan Bowls, who orchestrates the practice at Le Barthélemy, creatively merged this practice with the water.

Seldom practiced, placing the bowls on top of the water while the participant submerges under the water, allows the sound to transmit deep vibrational frequencies, measured in Hertz, 4x faster than through air, creating a profound vibrational effect on the internal organs and energy system. Each of Delfino's bowls creates a different frequency which she chooses according to her feelings. Sound healing is often used to aid in alleviating pain and muscle

tension, reduce anxiety, and improve the overall mental state. Studies have shown it can support lowering blood pressure and creating a better night's sleep, and more.