



eVitarium.

Energy and relaxation perfectly combined.

Michael Ballack and Professor Karl-Ludwig Resch. One is a professional sportsman, the other the head of the Deutsches Institut für Gesundheitsforschung (German institute for health research). Both are experts when it comes to keeping the body in shape. Let's listen in as they discuss a tried-and-tested principle from naturopathy.

A BATH LIKE A CHARGING STATION.

Michael Ballack: *After a hard training session, my first step is often to go to a regeneration pool.*

Professor Karl-Ludwig Resch: And how do you feel afterwards? **Much more relaxed – as if I have just stepped out of a charging station. It never ceases to amaze me what a simple bath can do.** Amazing, yes – but actually quite simple: a low-voltage electrical current flows through these hydro-galvanic baths. And the effect is either relaxing or invigorating. **That sounds rather complicated ...** It's actually simpler than the offside rule. Bathing in weak electric currents is based on an old healing principle – over a century old – whose development Erich Klafs played a part in.



Michael Ballack



A TRIED-AND-TESTED PRINCIPLE ENHANCED WITH NEW IDEAS.

But is there really so little known about such an old principle?

Unfortunately. Even if the positive effects of the current-charged baths are indisputable, the methods were expensive and complex until now. **Until now?** Yes, KLAFS went back to its roots and refined and developed the tried-and-tested principle. Now this type of bath requires no more space than a standard bathtub and is simple enough for anyone to use. Meaning football is quite complicated in comparison, isn't it?



Professor
Karl-Ludwig Resch

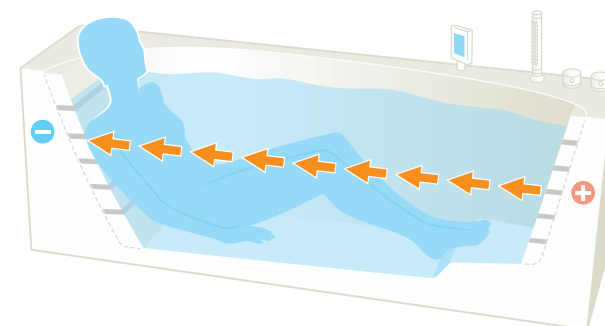


Erich Klafs working on a hydro-galvanic bath (around 1930).

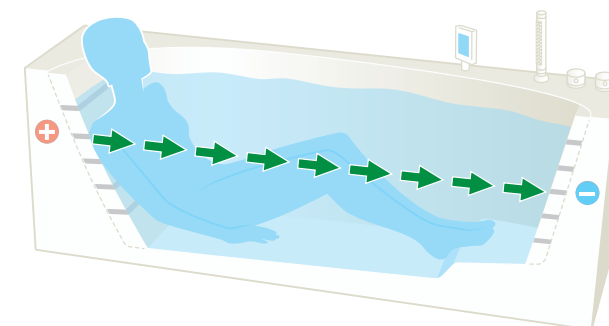
ENERGY AND RELAXATION PERFECTLY COMBINED.

“ **Michael Ballack:** Tell me more about the eVitarium. But remember: though I am a professional sportsman, I'm not a professional scientist! **Professor Karl-Ludwig Resch:** All right. The eVitarium is basically nothing more than a charge-carrying warm bath whose electrical current is so weak that you can hardly feel it. Until afterwards. You can really feel the after-effects: complete relaxation or invigorating energy.

How can a bath combine two completely different functions? It's pure physics. Opposites attract. And the eVitarium uses this principle. Electrodes are situated at both ends of the tub. Depending on the polarity, the current flows from the body to the feet or vice versa. And it is precisely the current's direction that is the decisive factor: when flowing from the torso down, it has a relaxing effect, and the opposite direction is more invigorating.



ENERGY programme: if the current flows from the feet up, it has an activating effect.



RELAX programme: if the current flows from the torso down, it has a relaxing effect.

SMART TECHNOLOGY – SIMPLY GREAT FOR THE BODY.

So the current flows through my body? Exactly, the current partially flows through it. But it isn't a problem at all. Quite the contrary: thanks to the electrical stimulation, the skin and muscular system are better supplied with blood and cellular metabolism is therefore improved. In order to find out how the current would optimally flow through the body, KLAFS even used electric-field gauges at the University of Stuttgart.

And why does this have such a positive effect on my training? Because both programmes ensure good circulation and have a balancing effect on the autonomic nervous system. The RELAX programme – as the name suggests – has a particularly relaxing effect. The ENERGY programme boosts circulation and makes you feel fit again. Both functions can be intensified further through special bath essences. So you can say that the technology in the eVitarium is simply great for your body. **Sounds impressive!** I think it sounds quite enjoyable.

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YOUR SAFE HAVEN – FROM TIREDNESS AND STRESS.

Our bodies are constantly controlled by a real storm of tiny electrical pulses. This is how information is transmitted. Many of the body's systems, such as the heart and nerves, function electrically. This is also true of the muscles when they tense and relax. The eVitarium uses this principle of pulses and integrates a gentle electrical current into the bathtub. While bathing in the tub, part of the current flows through the body and has many positives effects upon it. The polarity can be adjusted – either from the feet to the torso or vice versa.

PROMOTES CIRCULATION

Both flow directions have something in common: blood circulation is up to five times stronger in the skin and up to three times stronger in deep muscle tissue. Tiny blood vessels open up, the metabolism increases, and the skin and muscles are better supplied with nutrients and, at the same time, waste can be transported away more quickly. The warm bathwater also supports this process.

HAS A BALANCING EFFECT

Overall, the eVitarium has a balancing effect on many of the body's functions and the autonomic nervous system. The body and its numerous receptors and effectors are supported in order to be brought back into balance.

INVIGORATES

If the current flows from the feet to the torso, it has an energising effect upon it. The body then stores this new energy – the same principle as a battery being charged.

The ENERGY bath oil supports this state: the ionised sea buckthorn oil, with aromatic extracts of orange and mandarin, 'flows' along with the electrolytes, and the stimulating, vitalising active ingredients can be transported deep into the skin.

RELAXES

With the RELAX setting, the body is set for total relaxation. Here, the gentle current flows from the torso to the feet. The downward-polarised eVitarium has a calming effect on the tissues and the central nervous system and slows the production of inflammatory mediators, which means: overburdened areas of the body regenerate more quickly.

The RELAX bathing oil, based on argan and soya oils, complements the bath programme perfectly. Alongside the beauty benefits for the skin, the aromatic thyme and sage notes have a calming effect on the mucous membranes.



Created by Babor for the KLAFS eVitarium: thanks to ionised components, the ENERGY and RELAX bath oils penetrate particularly deep into the skin and ensure a noticeably pleasant, velvety sensation.



The electrodes and water intake are inconspicuously located behind the backrest and foot panel. The colour LEDs bathe the water in various shades according to the programme selected.



Run the water, select the bathing programme and adjust the strength of the current – all the eVitarium's functions can be set via the touch panel.



The water temperature is set via the taps. The flexible shower head serves to rinse off and helps with cleaning the tub.



The main switch and battery compartment are integrated into the foot of the bath. After installing the battery and activating the main switch, this operating terminal simply disappears into the body of the tub.

TECHNICAL DATA	
Dimensions (L x W x H)	2,118 mm x 825 mm x 700 mm (without taps and touch panel)
Clear passage width of door	Min. 800 mm
Weight	Approx. 80 kg
Weight incl. water and person	Approx. 400 kg
Floor load	250 kg/m ²
Volume	Approx. 340 l
Water quantity when in use	Approx. 250 l
Water supply	Warm water 3/4", cold water 3/4"
Waste water	DN 70, floor drain with fixed connection and smell trap
Operation	Lithium-ion battery with charge display, 14.4 V, 3,100 mAh, charging via separate battery charger (230 V plug)
Battery life	Approx. 4 bathing sessions



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