We are water
Water makes up 99% of our molecules
The Goldilocks Zone

HABITABLE ZONE

Too Hot

Just Right

Too Cold
Bathing allows deeper relaxation than any other activity
Bathing can be profoundly therapeutic

Bathing provides an immersion in water where we can relax, find balance and connect to our essence through actively doing nothing.

Bathing also provides controlled exposure to extremes of hot and cold inducing hormetic stress response where enduring discomfort enhances the experience of comfort.
Hot Spring bathing is the basis for the oldest and most sustainable place based enterprise. Bathing is a fun, pleasurable, peaceful, social, multicultural and multigenerational activity that links diverse cultural, religious and spiritual traditions and plays a critical role in ensuring good health, dignity, confidence and comfort.

Bathing is the key to wellness and wealth
Bathing including sanitary practices such as washing the body, face and hair, along with handwashing and cleansing practices after toileting and menstruation play a vital role in preventing and controlling disease.
Bathing
- the world’s most potent health intervention

Bathing offers health benefits beyond any pharmaceutical, vaccine, or any other medical technology.
Adventure bathing
Creates wellness possibilities in remote areas

Bathing provides an immersion experience where we can relax, find balance and connect to our essence through actively doing nothing.

Bathing can also provide controlled exposure to extremes of hot and cold that allow us play with our tipping point.
Bathing is a fun, pleasurable, peaceful, social, multicultural and multigenerational activity that links diverse cultural, religious and spiritual traditions and plays a critical role in ensuring good health, dignity, confidence and comfort.

We can transform the world through bathing . . . one bath at a time
Bathing connects us to ourselves and to all life on earth
Can we bathe the world?
A bucket a day is all that’s needed

We have the technology and resources to give everyone a bucket a day

Wellness requires at least 2 litres to drink 8 litres to wash

We cannot be truly well unless all are well 100 gigalitres/day can bathe the world – 20% of Sydney harbour

www.bathetheworld.org © drmarc.co
All life bathes in a drop of liquid water

Earth’s water (~96.5% is salt)

Fresh water (~99% is frozen or in the ground)

Liquid fresh water
Access to bathing water is a critical health issue

1 in 3 people on earth cannot bathe and nearly 1000 children die each day from waterborne disease.

Everyday women and girls spend 200 million hours gathering water - to them water is time, education and hope.
Celebrate World Bathing Day – June 22nd
Raise awareness and funds to support bathing across the world
Let us realize world wide wellness