



COVID-19 Coronavirus Immune Boosting Programs at Hot Springs

Jeff Wang Director of the Asia-Pacific Institute for Hydrotherapy and Climatotherapy Tourism in China and Member of the Global Wellness Institute Hot Springs Initiative initiated a plan to seek the assistance of hot springs from across the globe to gather research and practical ideas on how we are able to boost our immune systems through various health and wellbeing practices at hot springs.

Charles Davidson, Chairman of the Hot Springs Initiative and is Chairman of the Peninsula Hot Springs Group, Australia said, "With over 20 years experience in designing, constructing and operating hot springs it is clear to me that these facilities can provide an ideal location for activities that support and strengthen the immune systems of people of all ages."

Global Wellness Institute Board Member **Dr Richard Carmona**, 17th Surgeon General of the United States, reminds us, "Your body's first line of defence against any infectious disease is your immune system; maintaining and enhancing your immune system begins with actions you take to optimize your nutrition, exercise, sleep, social connections and mental health."

Elder **Anne Warren** who comes from the Ya-idt' midtung Country in the mountains of South East Australia encourages the practice of 'conscious wellness' based on the physical, emotional, mental, social and spiritual self. This is achieved through regular practices (healthy habits) such as getting out into the sunlight and moonlight, eating fresh healthy foods including a diet rich in vitamin C, bathing in mineral springs, the sea and rivers, using all of our senses in meditation, deep breathing and connecting with nature.

Professor **Marc Cohen**, MD recommends, "Healthy lifestyle practices as they are not only the most effective prevention for viral illness, they are currently also the best treatment." He also says, "Fear and worry can overwork your sympathetic nervous system and flood your body with 'fight and flight chemicals' that inhibit your immune system. This can be counteracted by focusing on positive emotions and stimulating your parasympathetic nervous system through simple actions that include the "10 Hacks to Relax" which are:

1. Touch all your fingers
2. Wiggle your toes
3. Soften your stomach
4. Breathe through your nose
5. Sigh
6. Smile
7. Swallow
8. Sing
9. Flutter your eyelids
10. Focus within"



Charles Davidson
Chairman of Peninsula Hot Springs and Chairman of GWI Hot Springs Initiative



Jeff Wang
Director of Asia-Pacific Institute for Hydrotherapy and Climatotherapy Tourism in China, and GWI Board Member



Richard Carmona MD, MPH, FACS
17th Surgeon General of the United States and GWI Board Member



Anne Warren
Elder from Ya-idt' midtung Country in South East



Dr Marc Cohen
Professor of Complementary Medicine at the Royal Melbourne Institute of Technology in Australia and GWI Board Member



how to boost your immune system at Hot Springs

At many hot springs, particularly those set in natural environments there are many facilities and activities that are helpful for boosting immune systems, here are ten of them:



1. Clean Air and Sunlight

Surrounded by nature in a forest of trees this venue that started as a bare horse paddock provides a blissful oxygen filled green setting in which to relax, take time and just Be. Open air pools mean guests spend a lot of time in the sunshine soaking up: vitamin D, the natural surrounds, and the friendships of the people with whom they visit.



2. Clean Water

Filtered drinking water taps should be available throughout the facility with signs in many locations reminding our guests to remain well hydrated.



3. Food

Fresh healthy food should be available offering SLOW Food (Seasonal, Local, Organic and Whole) as much as possible. The use of herbs, seeds and vegetables grown in on-site or local organic gardens with specific inclusion of immune boosting plant varieties including ginger, garlic, sage and thyme.



4. Global Bathing Offerings

A variety of bathing pools can help guests go on a journey around the facility including hot springs bathing pools, saunas, hammams, cold plunge pools, ice caves. Hot and Cold contrast therapy promote blood circulation and enhance the immune response.



how to boost your immune system at Hot Springs (continued)



5. Aromatherapy

Aromatherapy can be made available in private mineral spring baths using essential oils that are renowned for their immune boosting responses such as eucalyptus, lemongrass, bergamont, teatree and many others. Essential oils can also be offered in other spaces including indoor relaxation rooms, in aromatherapy infused showers and in herbal bathing pools.



6. Mindful Physical Activities

Mindful physical activities and wellbeing programs can be offered enabling guests to participate in Yoga classes, Forest Bathing (Shinrin Yoku) and Tai Chi. To encourage staff to go outdoors it is recommended they undertake 'walking meetings' and that outdoor desks are installed around the property to enable staff to read and work outdoors on good weather days.



7. Music

Music can be made available to guests woven into the facilities and experiences. This can be in formal locations like Amphitheatres and informal spaces like the lounge rooms, reception, spa and waiting room. The choice of music styles like 'heart zone' music can help provide a focus on stress reduction and promote emotional balance.



8. Nature

A correlation between connecting with nature and stress and immune strength has been clearly demonstrated. How facilities are designed with a conscious focus on connecting with nature can make a significant impact on the ability of it to deliver health outcomes.



how to boost your immune system at Hot Springs (continued)



9. Sleep

The combination of hot spring bathing and sleep have been shown to provide a higher quality of sleep and a clear regeneration of the bodily functions. Providing locations where daytime sleep is possible is important. This can be in relaxation lounges, pods, hammocks, deckchairs. Overnight accommodation provides additional opportunities for sleep.



10. Joy/Laughter/Connection/Friendship

Hot springs provide a relaxed natural setting for people to take time to relax, refresh and enjoy each other's company. In an ever busy world creating spaces for connection is vital. Hot Springs can deliberately design spaces for small groups of friends to feel like they have the area all to themselves.

"It is the conscious constant pursuit of wellness through the choices we make every day that contribute to our overall health and particularly the health of our immune systems. Building regular healthy habits into our daily routines is the best way to look after yourself and your wellbeing."

Charles Davidson
Chairman

Global Wellness Institute Hot Springs Initiative