

Healthy Bubble Bath Instruction 氣泡浴健康法

1 蹲 Crouch

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兩腿微張蹲下，讓氣泡拍打股溝部位及大腿內側淋巴腺約兩分鐘，可增加男女生殖系統的血液循環。

Crouching down with legs slightly apart, allow bubbles run into the groin and lymph area between the thighs for approximately two minutes, this helps with blood circulation of reproduction system.

腳掌平放，兩腿彎曲，上身前伏。腳底是人體的第二個心臟，可拍打腳底各穴道，按摩雙腿活絡筋骨。

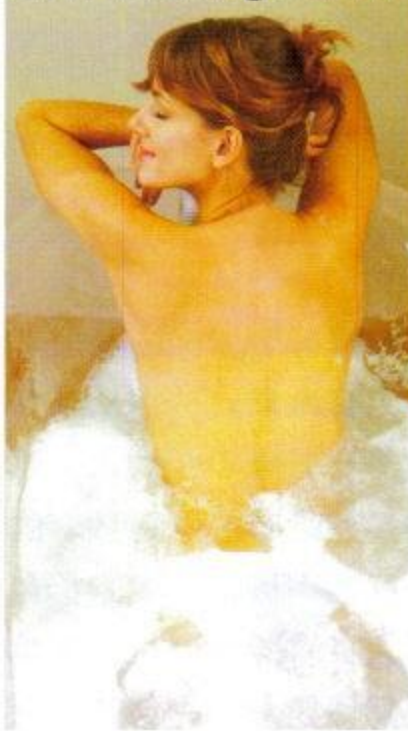
2 坐 Sit

Sit with feet lay flat and legs bended, upper body lean forwards. Sole of foot is the second heart of human body, pat the pressure points on the sole with bubbles and massage both legs for circulation.

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雙膝跪下、上身伏臥，雙手扶著浴缸邊緣。強力的氣泡可拍打按摩到胸部、腹部、臀部。

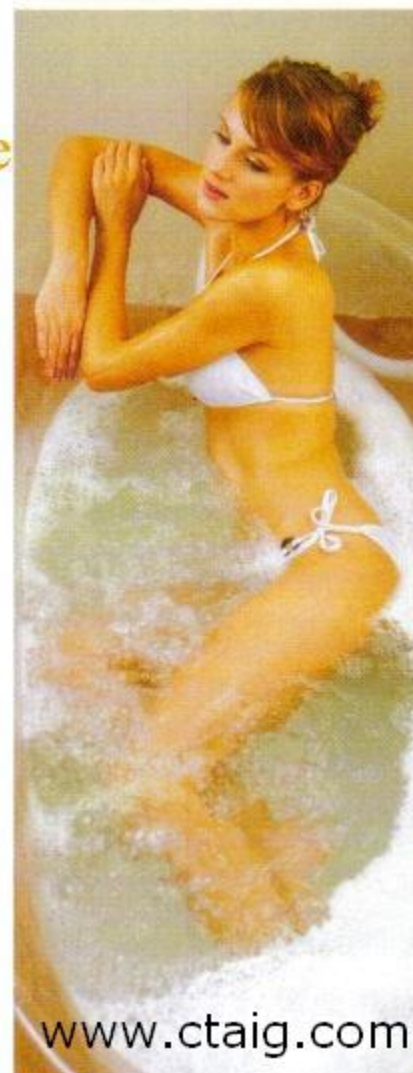
3 趴 Prostrate

Kneel down with upper body in prostrate position, place hands on the edges of the bath. Allow strong patting of bubbles massage on the chest abdomen and bottom part of the body.

4 側 Slant

以側睡的方式，讓氣泡加強按摩身體兩側，拍打刺激腎臟部位。

Lie the body on one side and allow strong patting of bubbles massage onto two sides of the body so that the kidney areas can be stimulated.



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仰臥姿勢儘量放低，讓氣泡按摩拍打頸椎、肩、背、脊椎等部位，促進血液循環，幫助壓力紓解。

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5 躺 Lie

Keep the face up, lying position is as low as possible and allows bubbles pat and massage onto areas such as cervical vertebra (neck spine), shoulder, back and central spine...etc, this promotes blood circulation throughout the body so the pressure can be eased.