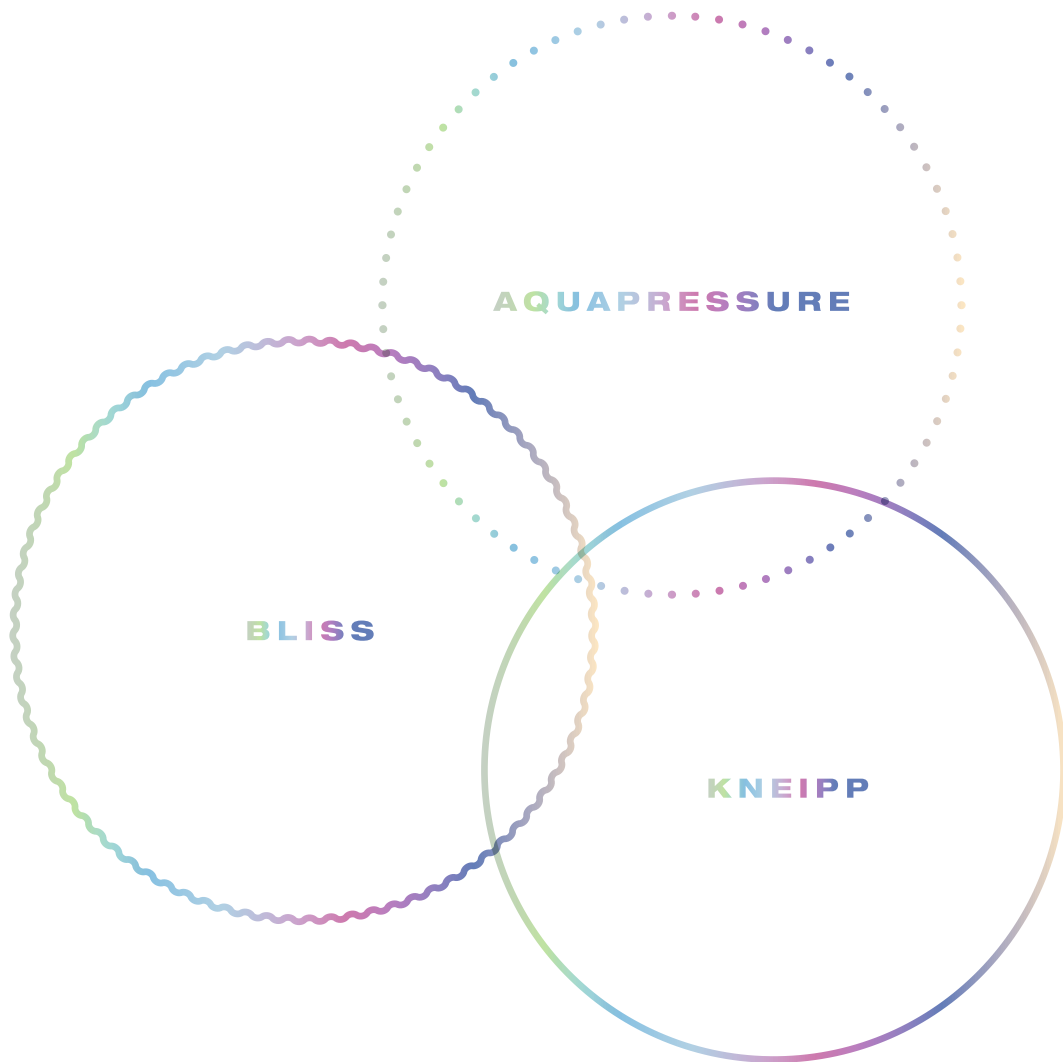




# Dornbracht LifeSpa



# Dornbracht LifeSpa



Culturing Life

WE HAVE COLLECTED  
EVERYTHING WE KNOW  
ABOUT THE POSITIVE POWER  
OF WATER – AND USED IT  
TO DEVELOP PRODUCTS THAT  
TURN YOUR BATHROOM  
INTO YOUR PERSONAL SPA.

**DISCOVER**  
**DORNBRACHT LIFE SPA.**

**DORNBRACHT  
LIFE SPA**

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**YOUR PRIVATE SPA**

—

AS PART OF YOUR

VERY OWN

PERSONAL HEALTH AND

WELLNESS STRATEGY.

Water applications can make a significant contribution as a preventive measure to actively boost the health of an individual. They also ensure balance, well-being and life-force energy every single day.

Along with a balanced diet, regular exercise and enough sleep, specific water applications can be an important part of a health-conscious lifestyle.

This is why we developed the Dornbracht LifeSpa. The concept is based on three pillars: Kneipp, Aquapressure and Bliss. These principles reappear in our product solutions and water applications.

What unites all the product solutions beyond daily cleansing is the proven effect of the water. To achieve this, we work closely and continuously with specialists and progressive thinkers from Kneipp therapy, Traditional Chinese Medicine (TCM) and research into well-being.

Peruse the following pages to discover the therapeutic and revitalising power of water and put together your very own Dornbracht LifeSpa.





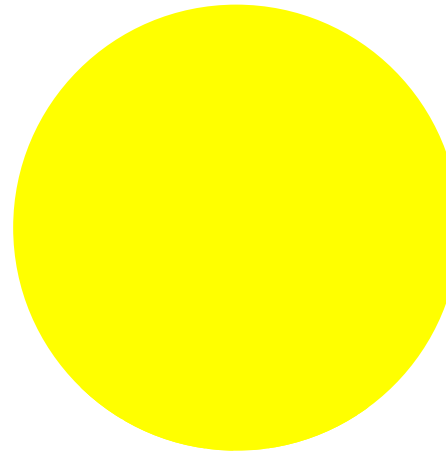


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KNEIPP EXPERT

## Jochen Reisberger



“Kneipp improves physical and mental vitality.”

Jochen Reisberger runs Germany's leading Kneipp and health resort, the Kneippianum in Bad Wörishofen. He is also part of the Dornbracht Healthness network of experts. He explains the Kneipp principle – and its all-embracing mode of action – in an interview.

**MR REISBERGER, YOU ARE A WELL-KNOWN KNEIPP EXPERT. WHAT DOES KNEIPP THERAPY AMOUNT TO? WHAT ARE ITS DISTINGUISHING FEATURES?**

J. Reisberger — Kneipp therapy is a recognised holistic approach that acts on the body, the mind and the soul. It is unique in Europe. If you look beyond Europe, there are only two other forms of therapy like this: TCM, that is Traditional Chinese Medicine, and Ayurveda, the traditional Indian art of healing. Kneipp therapy takes its name from the nineteenth century priest, hydrotherapist and naturopath Sebastian Anton Kneipp. He made the applications accessible.

**WHAT IS THE BASIC IDEA BEHIND KNEIPP THERAPY?**  
J. Reisberger — It is based on five pillars: water or hydro therapy, medicinal plant therapy, nutritional therapy, exercise therapy and the so-called lifestyle regulation therapy, which is to do with your way of life. It is the bracket that encloses all the other therapies. Its primary concern is for an individual to be mentally at ease with their own situation and with their social environment.

**IF YOU CONSIDER THE FIVE PILLARS: WHAT ROLE DOES WATER THERAPY PLAY?**  
J. Reisberger — A crucial one. Firstly, it strengthens the body's natural defences and the cardiovascular system. It also gives the blood vessels a good workout, boosts the metabolism and leads to a balanced autonomic nervous system.

“Its primary concern is for an individual to be mentally at ease with their own situation and with their social environment.”

**IS WATER THERAPY ESSENTIALLY ALWAYS THE SAME?**  
J. Reisberger — Not at all, water applications can be individually and subtly graded. They are always adapted to the individual and/or the particular situation. In other words, a course of Kneipp Treatment is an advanced and finely differentiated system that can be tailored to the particular constitution with great accuracy. All in all, there are about 120 different water applications in Kneipp therapy.



CAN YOU TELL US SOMETHING ABOUT THE WATER APPLICATIONS AND THEIR MODE OF ACTION?

J. Reisberger — Willingly – let’s take a look at warm affusions, for instance. They are performed at a temperature between 37 and 40 degrees in the neck and back area. They are a gentle and effective way to help ease tense muscles.

“The water applications can be individually and subtly graded. They are always tailored to the particular individual and/or the particular situation.”

By contrast, cold affusions are administered in cases of hip and knee joint inflammation, or for vein disorders. The facial affusion, however, is a beauty Treatment. It improves blood circulation in the face and leads to firmer skin. The whole process only takes a matter of seconds: use an affusion pipe or hose to direct the water up and down your right cheek three times, then three times on your left cheek, and then across your forehead. Finish by making a further three rounds of your face. Not much effort involved, but the effect is obvious.

AND THE FAMILIAR CONTRAST AFFUSIONS?

J. Reisberger — The warm water part lasts for a few minutes and the cold-water part only lasts for a few seconds. Affusions administered at the start of a course of Kneipp Treatment are usually shorter. This allows the body to slowly get

used to them. The specific temperature stimuli are then continuously increased as the course of Kneipp Treatment progresses. The thing about affusions is that generally speaking, if they are administered above the pelvis they have a stimulating effect, raise blood pressure, strengthen the cardiovascular system and enhance the body’s natural defences. By contrast, affusions administered below the pelvis have a calming effect, strengthen blood vessels and lower blood pressure. They also stimulate the body’s natural defences.

HOW DO KNEIPP BATHS WORK?

J. Reisberger — Full baths, for instance can have both a stimulating and calming effect. It depends which medicinal plants are added. The cold arm bath is also interesting, as it qualifies as a sort of “Kneipp espresso”, so to speak. It is very fast-acting, very refreshing and improves concentration.

WHAT OTHER WATER APPLICATIONS ARE THERE IN THE CONTEXT OF KNEIPP THERAPY?

J. Reisberger — Washing is another example. These are early applications which – because of resting muscle tone – are carried out between five and six in the morning. The body is washed with a linen glove that has previously been immersed in cold water. Then the night-dress or pyjamas are put back on and it’s back to bed. The body is well wrapped up, so that it warms up immediately. You usually fall back into a deep sleep afterwards.

AND WHAT IS THE EFFECT?

J. Reisberger — Washing in the Kneipp therapy context has a balancing effect on so-called mental and autonomic system swings. It also strengthens the immune system, regulates blood pressure and improves blood circulation in the skin.









YOU ARE INVOLVED IN  
DEVELOPING AQUAPRESSURE – HOW  
DOES THIS FIT IN?

Dr C. Stumpe — Aquapressure and its possible impact are a variation of acu- pressure, which plays an important role in Traditional Chinese Medicine. Like acu- pressure, Aquapressure is based on the principles of yin and yang, qi life-force energy, meridians and acupuncture points mentioned above.

“This approach makes it possible to identify changes in the body at an early stage.”

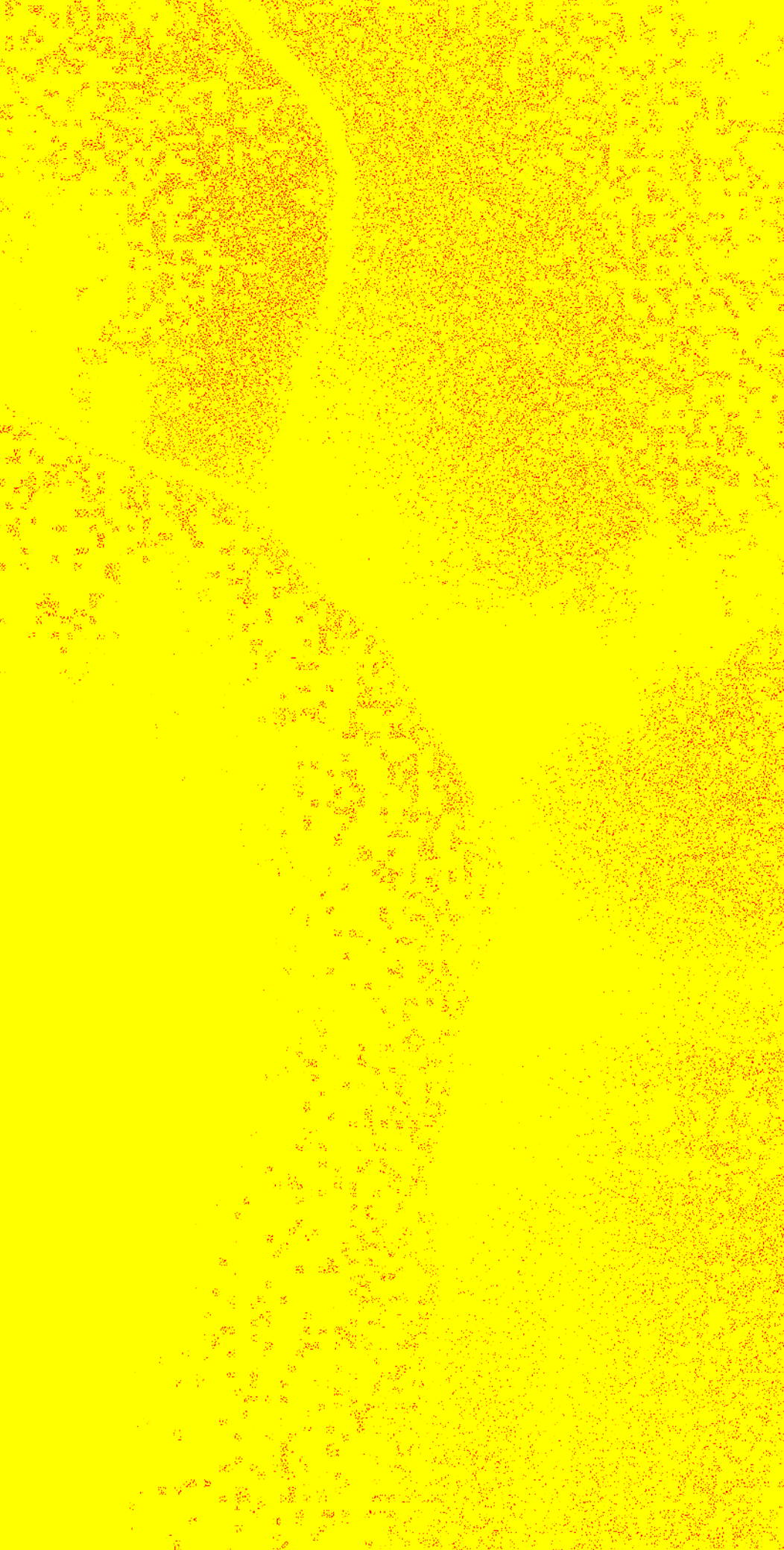
CAN YOU BE MORE SPECIFIC?  
Dr C. Stumpe — According to Traditional Chinese Medicine, common symptoms such as tenseness or head- aches occur when the flow of qi is dis- rupted. This can be caused by external factors such as cold temperatures, wind, heat, wet conditions and dryness, or by internal factors. These include emotions such as anger or joy. The interplay of these so-called exogenous and endoge- nous factors creates imbalance in the flow of energy and thus the physical symptoms.

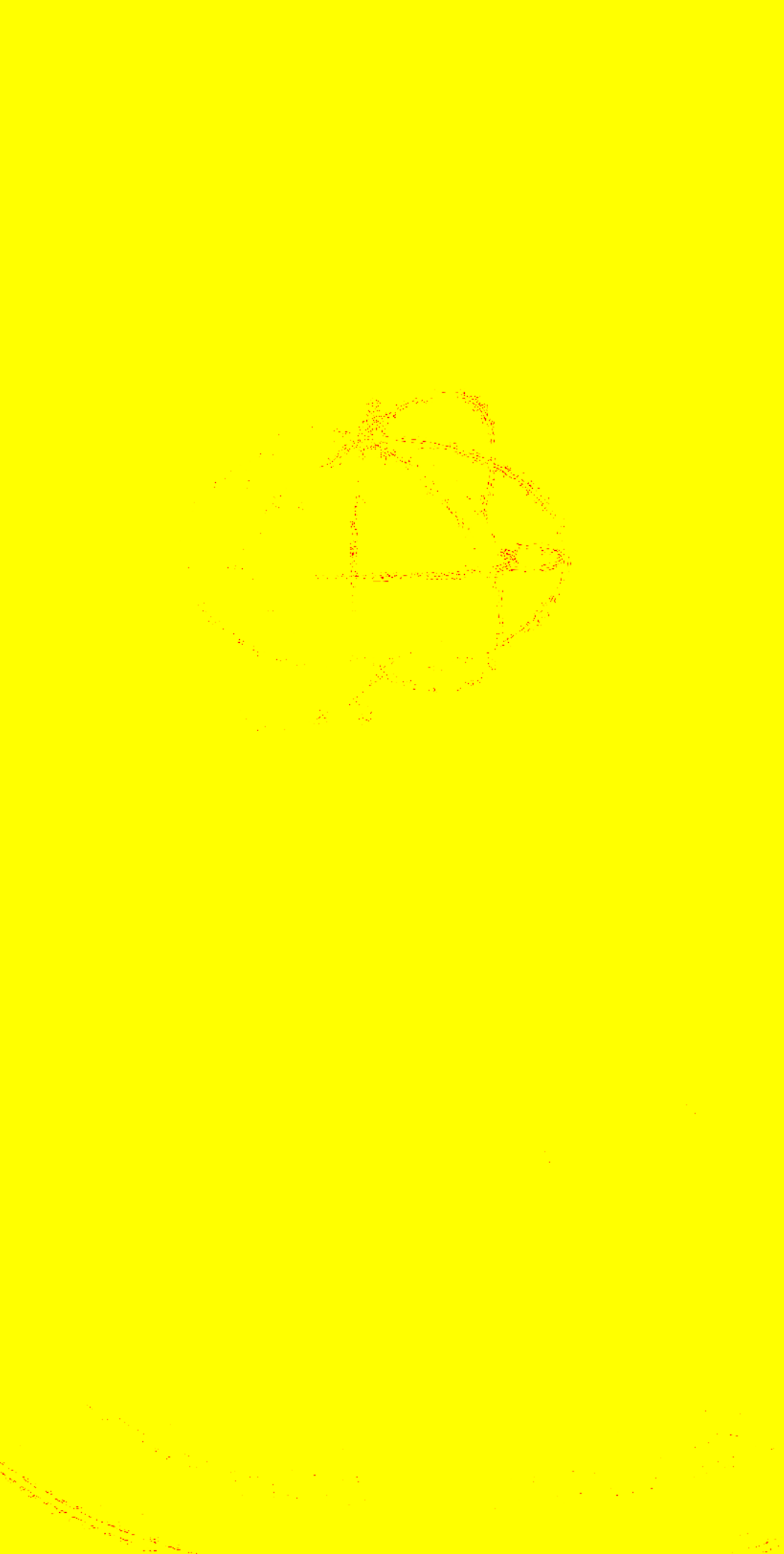
Specific stimulation of selected acupunc- ture points harmonises the life-force energy. Problems such as tension in the head, neck and shoulder area are alleviated or prevented from happening in the first place. This in turn improves the sense of well-being and helps to in- crease vitality. But acupressure can also have a positive effect on the psyche, in cases of anxiety or insomnia, for instance.

HOW MUCH OF THIS CAN BE  
TRANSFERRED TO AQUAPRESSURE?  
Dr C. Stumpe — In acupressure, we use parts of the body such as thumbs, fingers, the ball of the thumb or elbows. This is how we exert pressure on the meridians and the acupuncture points, to achieve the desired effect. In Aquapressure, this function is taken over by the pressure of water. It leads to increased blood flow in the skin and muscles at the relevant points and meridians. This is especially apparent when combined with the right amount of warmth. The medium of water is also especially interesting because it can take into account the basic action parameters of Chinese Medicine – intensity of pressure, location, duration and tem- perature – all at the same time. That is, the central parameters which can have a positive influence on our life-force energy. Aquapressure actually helps us to ease away blockages and tension while taking a shower. It can also be used for pre- vention. Because the combination of pres- sure and warmth also boosts the immune system and the body’s natural defences, which in turn helps to regenerate the body’s own resources.

The big advantage of Aquapressure is that it can be carried out independently, in the comfort of the home. So every day, you can do something for your health – simply by taking a shower.

“Because the combi-  
nation of pressure and  
warmth also boosts  
the immune system  
and the body’s natural  
defences.”



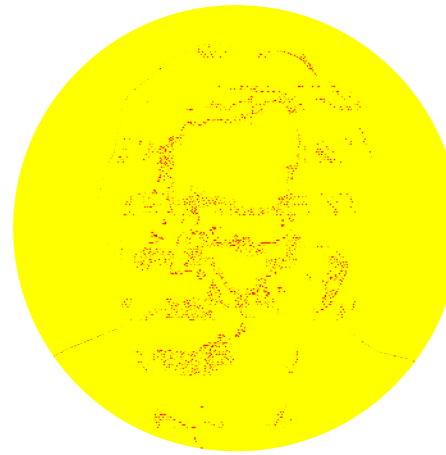


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DESIGNER AND INVENTOR

## Michael Neumayr



“We need personal safe havens, where we can experience moments of happiness.”

Michael Neumayr is a designer and product developer. Born in Salzburg, he currently runs a multi-award-winning design studio in Los Angeles. Since 2012, he has also been a lecturer at the Art Center College of Design in Pasadena. His “form follows feeling” approach is aimed at devising products to create experiences. And by so doing, to trigger something in the individual.

MR NEUMAYR, IT SAYS IN THE CURRENT “GLOBAL WELLNESS TRENDS REPORT”\* THAT WE ARE CURRENTLY WITNESSING A TREND THAT SHOWS THAT THE CONCEPT OF HAPPINESS IS MORE CLOSELY ASSOCIATED WITH WELL-BEING AND IN TURN, WELL-BEING IS MORE CLOSELY ASSOCIATED WITH HEALTH.

M. Neumayr — We are clearly living in a fast-moving age that is overloaded with information. We have more opportunities. But also more stress, more turmoil, more uncertainty. So now, more than ever, we need real safe havens where we can find something that is best described by the English word “Bliss”, to keep us healthy. Blissful happiness, a deep sense of peace and feeling of arrival. Humanity longs for balance and life-force energy, for relaxation and security.

WHICH IS WHY YOUR CREDO IS “FORM FOLLOWS FEELING”?

M. Neumayr — I take a holistic approach to the idea of design and space. Form and function are important. But it is my passion to create something that addresses the needs that go beyond form and function. A design for the soul.

“Humanity longs for balance and life-force energy, for relaxation and security.”

YOU TALKED ABOUT REAL SAFE HAVENS. HOW DO WE BRING THESE “MOMENTS OF BLISS” TO THE HOME BATHROOM OR THE PRIVATE SPA?

M. Neumayr — I think we need places where we can have time to ourselves, be completely on our own. And I don’t mean lonely. I mean places where I can re-connect with my feelings, where I can feel human once again. This is the basis we used to develop AQUAMOON in the LifeSpa concept. A shower that first of all has such a reduced design language that it disappears into the



architecture of the room, merging with it. The other special thing about AQUAMOON is the experience, the moments of Bliss mentioned above. That is to say, it is not about achieving a wow effect in terms of the design language. It is purely about the effect, about the transformation. About the gift of peace and strength. The shower as a spatial experience that changes me a little.

“I think we need places where we can have time to ourselves, be completely on our own.”

**HOW DOES AQUAMOON DO THIS?**  
M. Neumayr — Firstly by four newly evolved flow modes, through which our experience of the element of water is probably more intense than ever before. Flow modes that can envelop us protectively like a cocoon, that can refresh and energise us, or transport us into an almost meditative state. Here we experience a therapeutic moment of seclusion, which becomes all the more valuable as the number of stimuli to which we are exposed in our everyday life increases. We now know that conscious moments of peace are extremely helpful in balancing out this overstimulation. And also that they are closely connected to our subjective perception of happiness.

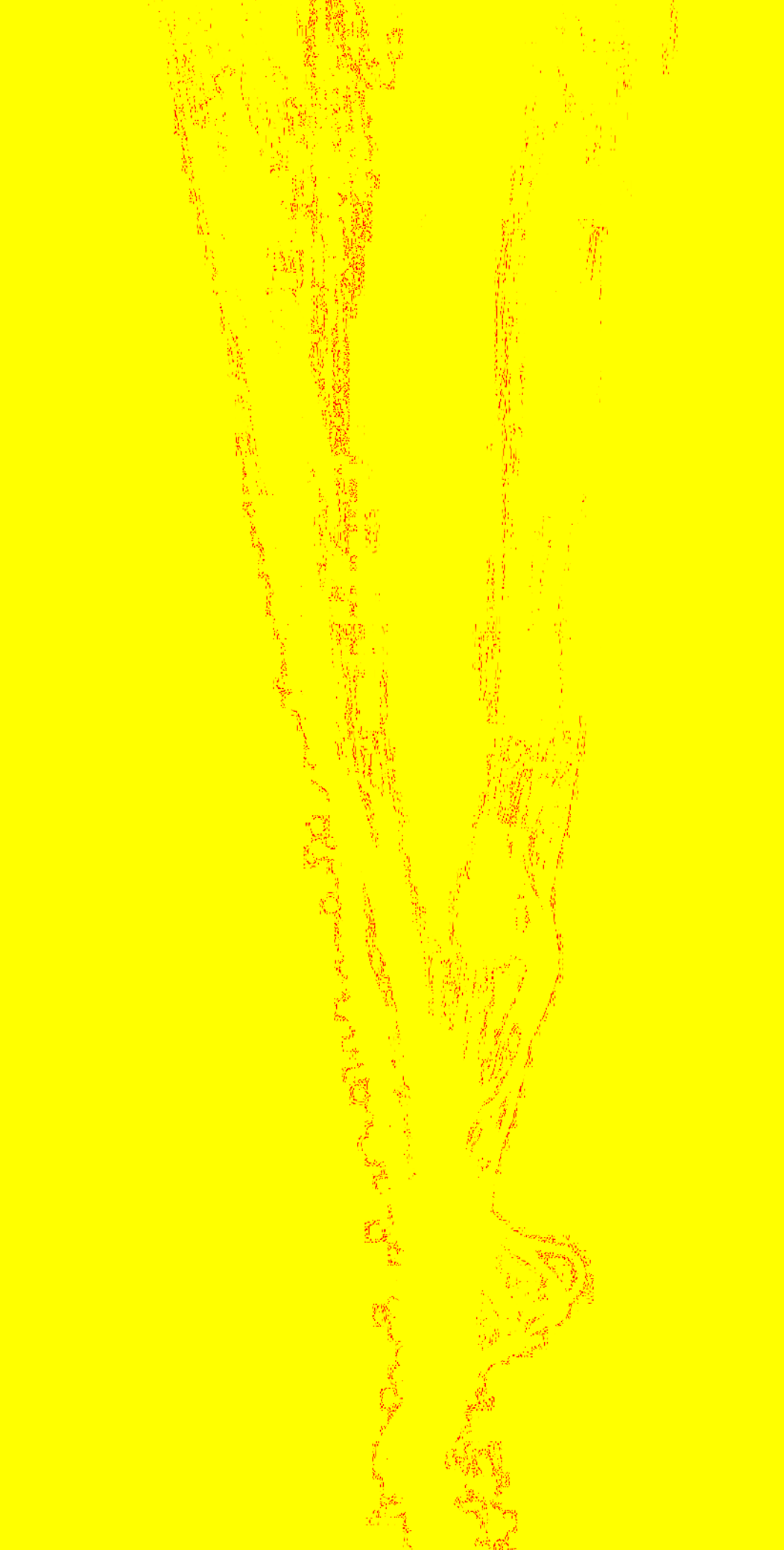
In AQUAMOON, there are different light scenarios to accompany the flow modes. They also have a positive effect on well-being, the spirit and the soul. Because each colour has its own spectrum of activity. For instance, we know that the

colour yellow is uplifting and that blue has a regenerative effect. The water and light together form a shower experience that is something totally new. Something that is made even more intense if you look up into the dome as you take your shower. It creates an effect of depth and conveys a sense of infinity.

**FOLLOWING ON FROM YOUR REMARKS ON THE SUBJECT OF BLISS, LET US TAKE A QUICK LOOK BACK AT THE “GLOBAL WELLNESS TRENDS REPORT” WE MENTIONED AT THE BEGINNING. IT DESCRIBES BY ANALOGY THAT HAPPINESS, AMONG OTHER THINGS, SEEMS TO BE SOMETHING THAT WE CAN CHOOSE. AND IN THIS CONTEXT: AN INCREASING NUMBER OF PEOPLE ARE USING WELLNESS AS THE PATH TO PERSONAL HAPPINESS.**

M. Neumayr — That does seem to be the case. I am familiar with this study and speaking as an expert, can most certainly confirm what it says. It also holds true on a quite personal level. I remember the first time I experienced AQUAMOON on my own body. It is difficult to describe how it made me feel. I was touched, moved. And happy.

● **FIND OUT MORE ABOUT THE POWER OF WATER:**  
[LIFESPA.DORNBRACHT.COM/HEALTH](https://lifespa.dornbracht.com/health)



SPA MODULES  
WITH TREATMENT RECOMMENDATIONS

DORNBRAUCHT SPA MODULES ARE AN  
EASY WAY TO UPGRADE YOUR BATHROOM  
TO YOUR OWN PRIVATE LIFESPA.

THEY ARE ADAPTABLE, CAN BE  
INTEGRATED INTO EVERY SHOWER  
SOLUTION AND ENHANCE YOUR DAILY SPA

AND SHOWER RITUAL:  
TO ENHANCE INDIVIDUAL WELL-BEING,  
LIFE-FORCE ENERGY AND HEALTH.

WE RECOMMEND SPECIFIC WATER  
APPLICATIONS (TREATMENTS)  
FOR EACH SPA MODULE,  
WHICH CAN BE USED AS REQUIRED  
AS PART OF THE DAILY ROUTINE.

**DISCOVER INDIVIDUAL SOLUTIONS  
FOR YOUR BATHROOM:  
[LIFESPA.DORNBRAUCHT.COM/SOLUTIONS](https://lifespa.dornbracht.com/solutions)**



AFFUSION MODULES

Laminar flow



A feature of LAMINAR FLOW is its crystal-clear spray pattern. It covers the skin extensively like a jacket of water – making it particularly suitable for carrying out Kneipp affusions.





WATER IN ITS  
PUREST FORM





## TREATMENT

## Leg affusion



## HEALTH BENEFIT:

- firms the skin
- lowers blood pressure
- encourages sleep



## TIME OF DAY:

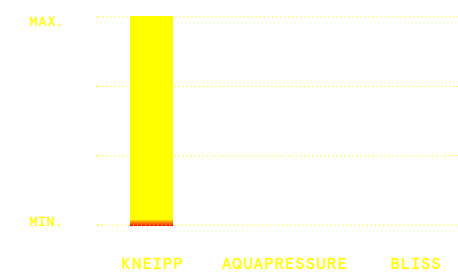
For relaxation after a demanding day,  
1–2 hours before going to bed  
(about 45 seconds)

## APPLICATION:

Start at the outside toe of your right foot  
and run the cold stream of water along  
the outside of your right leg as far as  
the groin. Stay there for a while and then  
move back down along the inside of  
the leg. Repeat the application on your  
left leg in the same way.

## TIP

With regular applications, the cold leg  
affusion can help to boost the body's  
natural defences and immune system.  
It also speeds-up your metabolism and  
prevents vein problems.

THE EFFECTIVE ELEMENTS OF  
THIS TREATMENT:

## PRODUCT SOLUTIONS:



WATER TUBE



AFFUSION PIPE

# Arm affusion



HEALTH BENEFIT:

- invigorating
- beneficial for low blood pressure



TIME OF DAY:

All day long  
(about 30 seconds)

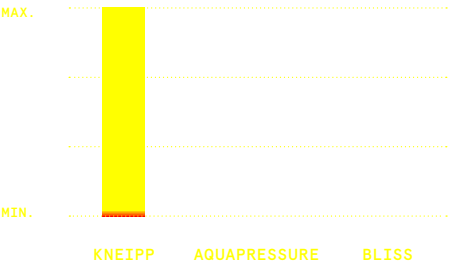
APPLICATION:

Start applying the cold water on the outside of your right hand and move slowly up your arm towards the shoulder. Stay here for a while and then move back down, pouring along the inside of the arm. Repeat the application on your left arm in the same way.

TIP

The cold arm affusion activates your circulation and promotes concentration. If applied regularly, it can also help to boost your immune system.

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



PRODUCT SOLUTIONS:



WATER TUBE



AFFUSION PIPE



AFFUSION PIPE ON THE WASHSTAND







## TREATMENT

## Facial affusion



### HEALTH BENEFIT:

- stimulates the circulation
- firms the skin



### TIME OF DAY:

Ideal as an occasional and refreshing Treatment (about 30 seconds)

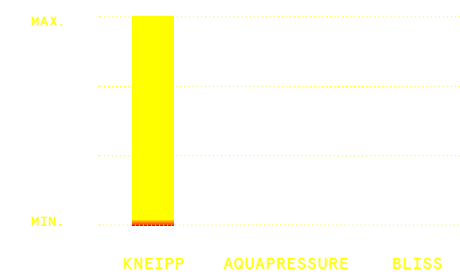
### APPLICATION:

Start at the right cheek and from there, apply the cold water in straight lines down and back up over your right cheek – three times in all. Repeat this on the left side. Then pass the stream of water over your forehead three times. To finish, circle your face three times with the stream of water.

### TIP

The cold facial affusion is ideal as a quick fix if you are feeling tired, have a tension headache, or are starting a migraine. It also has a calming effect if you are nervous, or your heart is racing.

### THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



### PRODUCT SOLUTIONS:



WATER TUBE



AFFUSION PIPE



AFFUSION PIPE ON THE WASHSTAND



KNEIPP THERAPY IS  
A RECOGNISED HOLISTIC  
APPROACH THAT ACTS  
ON THE BODY, THE MIND  
AND THE SOUL.

— JOCHEN REISBERGER —  
KNEIPP EXPERT





# RAIN MODULES

Raindrops

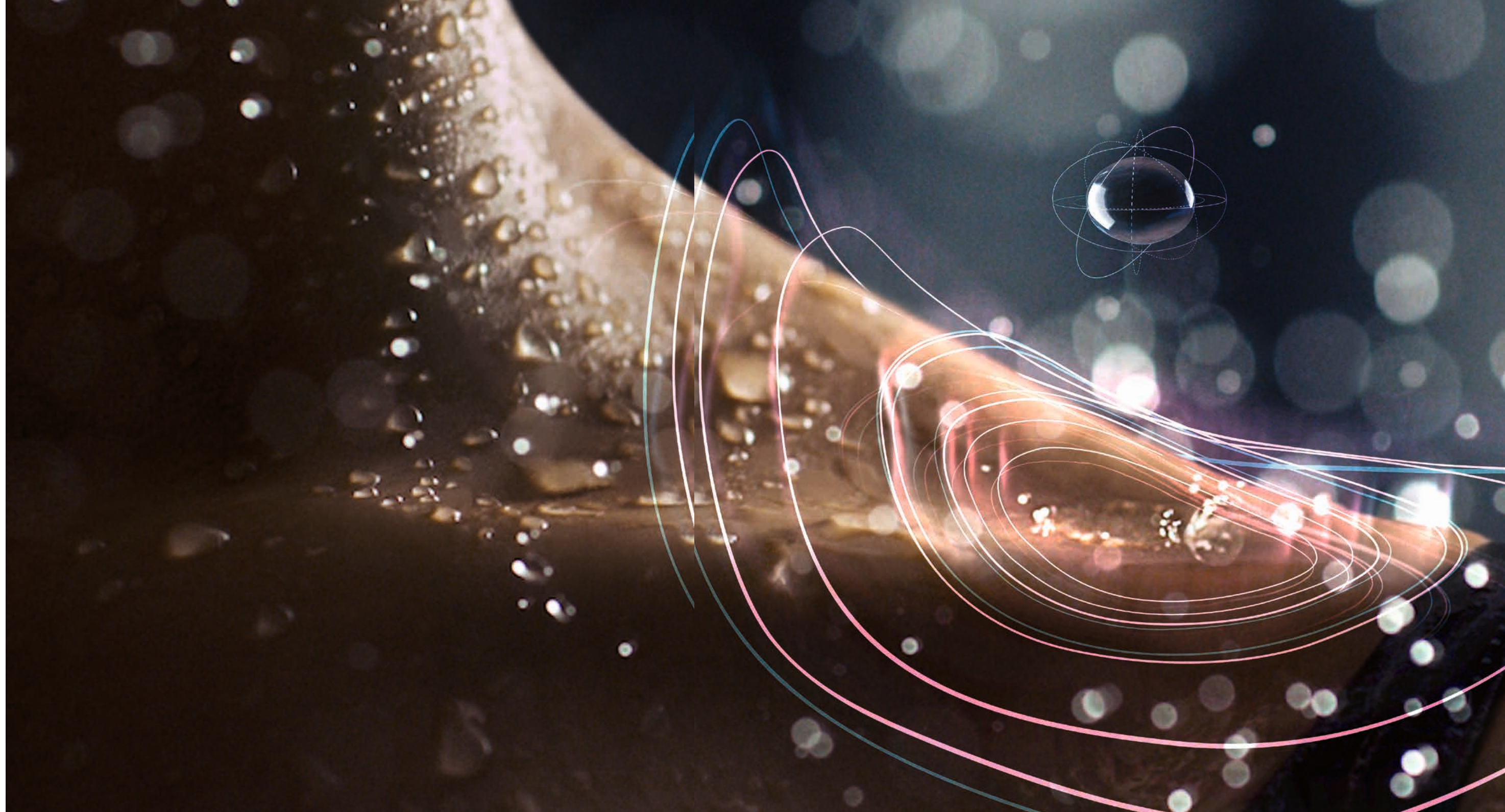


Natural rain is the most original yet sensuous form of showering. To bring the experience of feeling natural rain to the home bathroom, Dornbracht studied the properties of RAINDROPS in great detail. Their special secret: they fall as light as a feather, almost weightlessly, bursting softly and directly onto the body.

Dornbracht developed rain showers and rain panels that model this experience perfectly. All the products in Dornbracht's rain shower family – from **RAIN SHOWERS** to **JUST RAIN** to **BIG RAIN** and **RAIN SKY M** – have a shower that provides a unique form of rain.







LIKE TAKING A SHOWER  
IN THE OPEN AIR





## TREATMENT

## Contrast shower



### HEALTH BENEFIT:

- revitalises and boosts the immune system



### TIME OF DAY:

Ideal for rounding off the daily shower ritual – to get the day off to a flying start

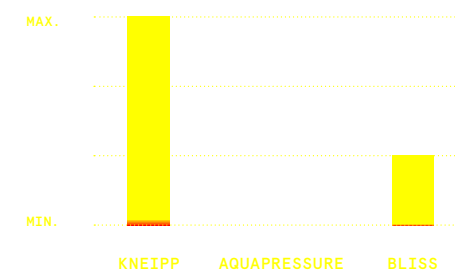
### APPLICATION:

Start the application with a warm sequence lasting about 1 minute. Then adjust the temperature of the water to cool to cold for about 10 seconds. Repeat the warm/cold order again and end with the cold sequence.

### TIP

Contrast showers have many positive effects. They stabilise the circulation, have a balancing effect both for high and low blood pressure and calm nervousness and stress. With regular applications, they boost the body's natural defences, which can help to prevent infections. They are also the perfect workout for the cutaneous vessels – a bonus for firm skin.

### THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



### PRODUCT SOLUTIONS:



RAIN SHOWER\*



JUST RAIN



BIG RAIN



RAIN SKY M

\* ROUND VARIANTS AND DIFFERENT SIZES ARE ALSO AVAILABLE, ALONG WITH THE SQUARE VARIANTS.

# Cold shower



## HEALTH BENEFIT:

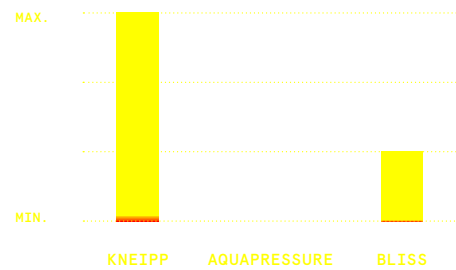
- quick refreshment for body and mind
- increased regeneration after sport



## TIME OF DAY:

Ideal for rounding off the daily shower ritual, especially in summer

## THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



## APPLICATION:

Set your shower to a cool to cold temperature and enjoy the refreshment – a few seconds are enough to benefit from the positive effects. Note: slowly accustom your body to the change in temperature and carry out the application with lukewarm to cool water to start with – you can then gradually reduce the temperature.

### TIP

A cold shower refreshes you in just a few seconds and has a stimulating effect on blood flow, circulation and metabolism. Over the long term, the application boosts your body's natural defences and your general physical constitution.

## PRODUCT SOLUTIONS:



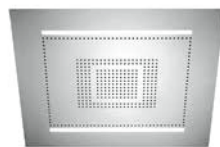
RAIN SHOWER\*



JUST RAIN



BIG RAIN



RAIN SKY M

\*ROUND VARIANTS AND DIFFERENT SIZES ARE ALSO AVAILABLE, ALONG WITH THE SQUARE VARIANTS.

# Relaxation shower



## HEALTH BENEFIT:

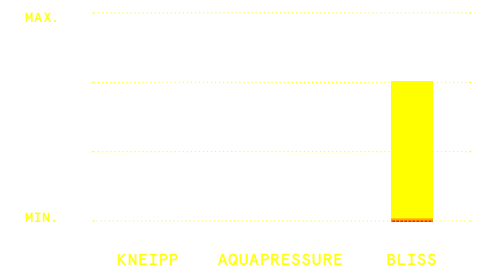
- deep relaxation for body, mind and soul
- a therapeutic time-out from the daily routine



## TIME OF DAY:

An ideal way to start the daily shower ritual – morning or evening

## THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



## APPLICATION:

Adjust your shower temperature so that the water feels pleasantly warm. Your arms should be relaxed at your sides. Close your eyes and be acutely aware of the full, warm water droplets with all your senses. Don't just feel the water on your face, deliberately turn the palms of your hands upwards and notice how the water collects there. Feel free to increase the volume and temperature of the water as you shower.

### TIP

Don't just use the daily shower for cleansing, also use it during your hectic daily routine as a moment of relaxation that is for you alone.

## PRODUCT SOLUTIONS:



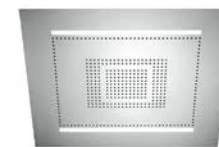
RAIN SHOWER\*



JUST RAIN



BIG RAIN



RAIN SKY M

\*ROUND VARIANTS AND DIFFERENT SIZES ARE ALSO AVAILABLE, ALONG WITH THE SQUARE VARIANTS.

TO BRING THE EXPERIENCE  
AND FEEL OF NATURAL RAIN TO  
THE HOME BATHROOM,  
WE STUDIED THE PROPERTIES OF  
RAINDROPS IN GREAT DETAIL.

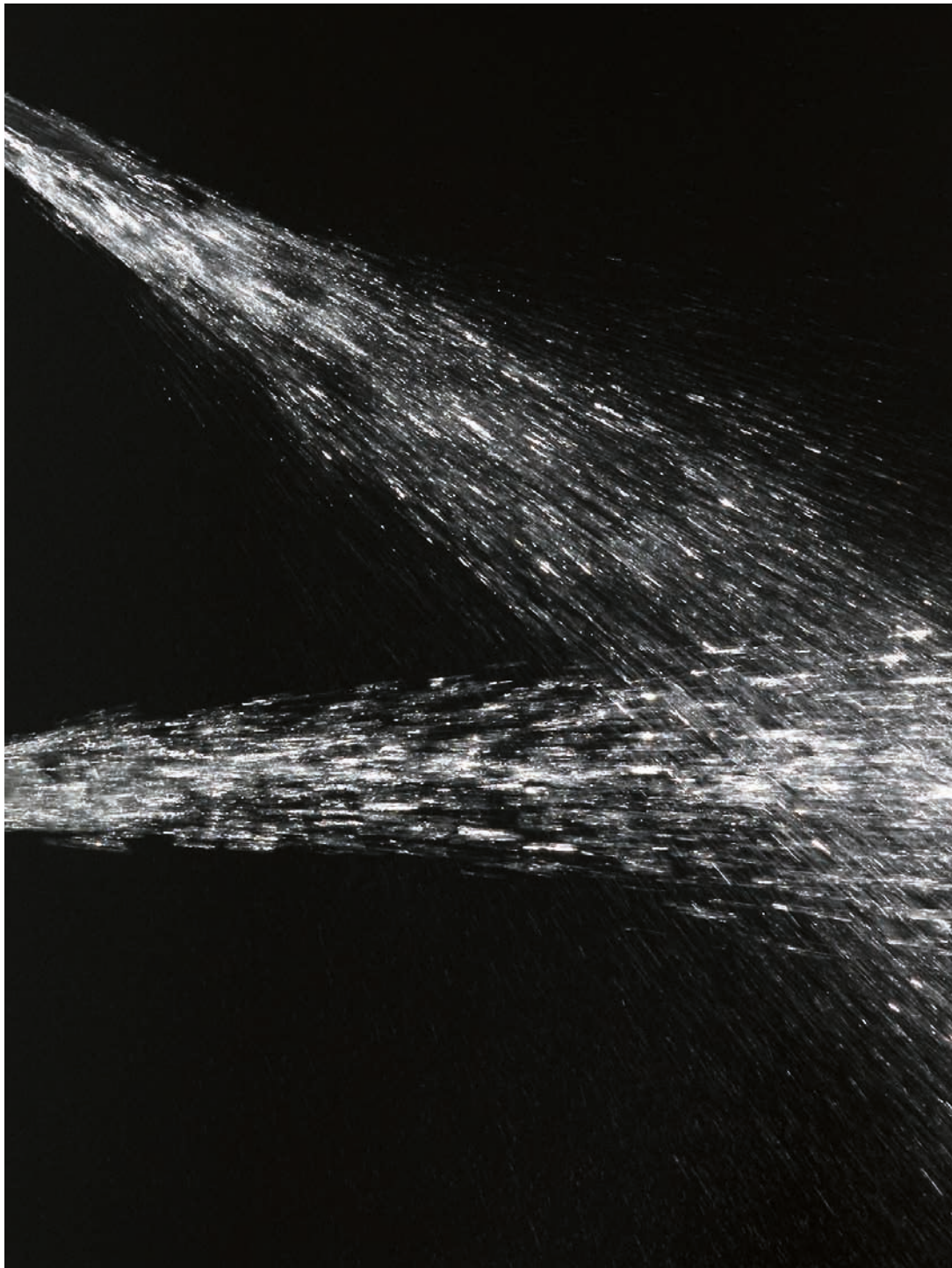
THEIR SECRET: THEY FALL  
AS LIGHT AS A FEATHER, ALMOST  
WEIGHTLESSLY, BURSTING  
SOFTLY AND DIRECTLY ONTO THE  
BODY.





MASSAGE MODULES INTENSE

Massage flow



The INTENSE MASSAGE FLOW was deliberately devised to make it possible to experience the positive effect of Aquapressure (water massage) at home. Special massage jets specifically stimulate the body’s meridians and selected pressure points.

Intense massage flows provide either a powerful neck massage (**WATER CURVE**), or a deeply massaging back shower in the thoracic vertebrae (**VERTICAL WATER FAN**) or lumbar vertebrae (**HORIZONTAL WATER FAN**) region. The daily shower can be easily and time-efficiently combined with a therapeutic application to relax the back, neck and shoulders.







EXPERIENCE THERAPEUTIC  
WATER MASSAGE –  
SIMPLY BY TAKING A SHOWER





## TREATMENT

# Harmonising neck massage



### HEALTH BENEFIT:

- gently massaging and loosening the neck muscles
- brings a feeling of security and restores harmony to the senses



### TIME OF DAY:

Ideal after sport, or to restore balance at the end of the day

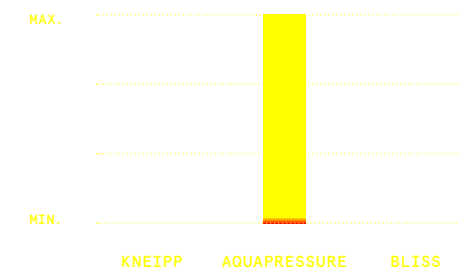
### APPLICATION:

Select a lukewarm to warm temperature for this application. Feel the light to moderate intensity of the massage flow. In this application, you can easily adjust the pressure and temperature up or down, but avoid the maximum ranges. Experience a balancing massage shower for the next 5 to 6 minutes. For the perfect effect, undulate your neck and shoulder region into the stream of water. Rest your chin on your chest and lean backwards towards the massage flow. Then raise your head again and rock your body slightly forwards.

### TIP

Harmonising fragrances such as cedarwood, rose or sage assist the balancing effect of this massage shower. Additionally integrate gentle forms of sport, such as yoga, Pilates or qigong, as well as outdoor exercise into your daily routine to maintain your life-force energy in perfect balance.

### THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



### PRODUCT SOLUTIONS:



WATER CURVE



# Relaxing back massage



HEALTH BENEFIT:

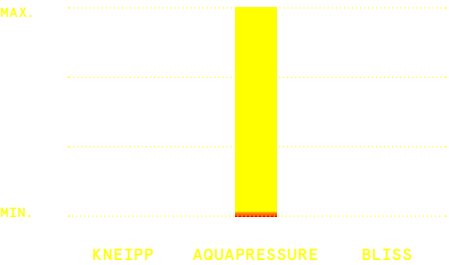
- back muscles are thoroughly relaxed, tension is released
- the unruly torrent of thoughts gradually dies down



TIME OF DAY:

Highly recommended in the evening, to unwind after a stressful day

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



APPLICATION:

Set the massage flow to a high intensity and a hot temperature in accord with your personal preferences. Enjoy the intense massage flow for 1 to 2 minutes and feel the tenseness in your back gradually diminish. After this intense phase, regulate the intensity and temperature down to what you consider to be a moderate level and a pleasantly warm temperature. At the start of the application, you can loosen your back by moving sideways in the massage flow. It is also very beneficial to put both hands behind your head and lean back slightly.

TIP

Warm light and relaxing fragrances such as lavender or balm intensify the calming effect of this massage shower. Treat yourself to some peace and quiet afterwards to get the most out of your relaxation – with a good book, restful music or a hot cup of tea. Meditation and autogenic training can help you combat the stress and hectic pace of everyday life with composure.

PRODUCT SOLUTIONS:



WATER CURVE



WATER FAN HORIZONTAL



WATER FAN VERTICAL

# Revitalising back massage



HEALTH BENEFIT:

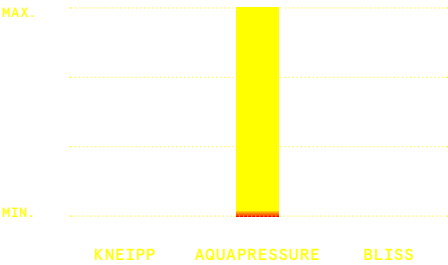
- thorough loosening and activation of the back and neck
- drives away tiredness
- dispenses new energy



TIME OF DAY:

Ideal in the morning for starting the day feeling positive, rested and invigorated

THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



APPLICATION:

Set the intensity of the massage flow to light to moderate. The temperature should feel pleasantly warm to hot. Avoid the maximum settings in this application. Enjoy the revitalising effect of the neck and back massage for the next 4 to 5 minutes. Take up a restful position and become aware of how your body and mind summon up new energy.

TIP

Activating fragrances such as lemon grass, ginger or mint boost the invigorating effect of this massage shower. For the optimum effect, finish by rubbing your body vigorously with your towel, followed by two-to-three gentle physical exercises – qigong, yoga, Pilates or keep-fit exercises are suitable here.

PRODUCT SOLUTIONS:



WATER CURVE



WATER FAN HORIZONTAL



WATER FAN VERTICAL

AQUAPRESSURE  
ACTUALLY HELPS US  
TO EASE AWAY  
BLOCKAGES AND  
TENSION WHILE WE  
SHOWER.

— DR CHRISTOPH STUMPE —  
EXPERT ON  
TRADITIONAL CHINESE MEDICINE





# MASSAGE MODULES **SOFT**

Massage flow



The soft, huge raindrops of the **SOFT MASSAGE FLOW** ensure a gentle massage. With this flow mode, the water is either directed at the back (**WATER BAR**) or onto the skin from the side (**WATER POINT**). In a massage shower for the home, both a body spray and a side spray are ideal for relaxing the back.







## TREATMENT

# Gentle back massage



### HEALTH BENEFIT:

- gentle neck and back massage
- relaxation



### TIME OF DAY:

Every day, as required

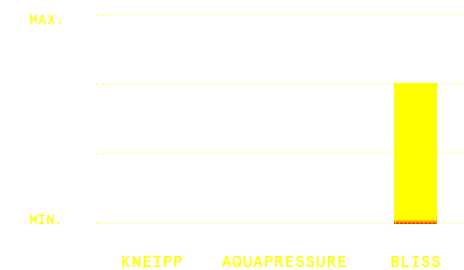
### APPLICATION:

Stand with your back relaxed against the wall, so that the water envelops your entire head, neck and back area. The temperature should be somewhere between lukewarm and warm, to suit your personal requirements. Consciously enjoy the individual streams of water as they gently massage your body.



Feel free to change your standing position so that other parts of your body are also bathed in water.

### THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



### PRODUCT SOLUTIONS:



WATER BAR



WATER POINT



BODY SPRAY



THE COMBINATION  
OF GENTLE PRESSURE AND  
WARMTH ALSO BOOSTS  
THE IMMUNE SYSTEM AND  
THE BODY'S NATURAL  
DEFENCES, WHICH IN TURN  
HELPS TO REGENERATE  
THE BODY'S  
OWN RESOURCES.

— DR CHRISTOPH STUMPE —  
EXPERT ON  
TRADITIONAL CHINESE MEDICINE



# WATER FALL MODULES

Cascade



Water in free fall: Dornbracht brings the fascination of a waterfall from nature to the private bathroom. The powerful, graceful cascade of water is the perfect way to gently massage the neck and back area, to cool down after a sauna or every now and again, for refreshment. Dornbracht has three waterfall shower versions:

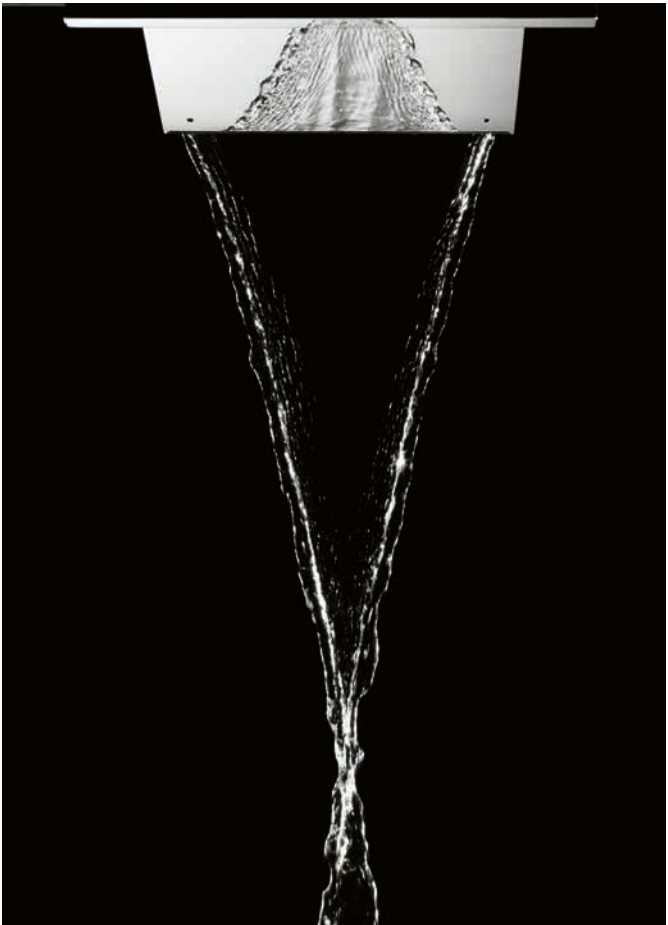
**WATER FALL:** Just like a natural waterfall, the wide CASCADE of water falling onto the neck and shoulder area is delivered by the power of gravity alone.

**WATER SHEET:** A clear cascade of water flows from the wide spout and luxuriously envelops the body. The back and shoulders are gently massaged – feeling as if they were under a waterfall.

**WATER FALL WITH PEARL STREAM:** Parallel, individual streams of water fall gently onto the neck and shoulders – a highly delightful form of water presentation.







SHOWERING AS IF  
UNDER A WATERFALL



## TREATMENT

## Sauna shower



## HEALTH BENEFIT:

- cooling down after a sauna
- gives the blood vessels a workout
- stimulates the circulation and metabolism
- stabilises the autonomic nervous system



## TIME OF DAY:

Perfect for cooling down after every sauna session

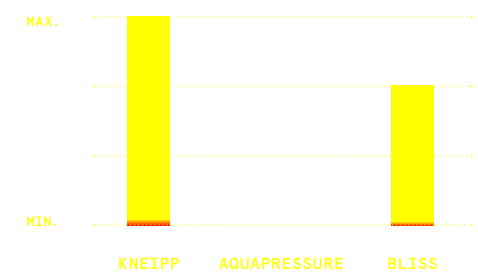
## APPLICATION:

Ideally, your cool-down after a sauna starts outdoors. Consciously breathe in and out a few times to cool your airways. Then set a specific cold stimulus with the cascade shower. The stream of water should not be too powerful and you should choose a cool to cold temperature. Start at the feet and direct the flow of water slowly upwards towards your heart. Then go to the arms, starting from the hands and moving towards the shoulders. After that, you can also give the rest of your body a cold shower. Make sure that you warm up your body again immediately afterwards, to stop you catching a chill. Once you are dry, wrap yourself in a bathrobe and feel free to enjoy a warm foot bath, for instance.

## TIP

Allow yourself time to rest between sauna sessions, to regulate your body temperature. The best way to relax is to sit or lie down for a little while.

## THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



## PRODUCT SOLUTIONS:



WATER FALL



WATER SHEET

WATER FALL  
WITH PEARL STREAM



THE POWERFUL, GRACEFUL  
CASCADE OF WATER  
IS THE PERFECT WAY TO  
GENTLY MASSAGE  
THE NECK AND BACK AREA,  
TO COOL DOWN  
AFTER A SAUNA, OR EVERY  
NOW AND AGAIN,  
FOR REFRESHMENT.



DORNBACHT SPA SOLUTIONS  
WITH SIGNATURE TREATMENTS

WITH DORNBACHT SPA SOLUTIONS,  
YOU CAN EXPERIENCE WATER  
APPLICATIONS AT HOME AT ANY TIME –  
IN EXTREME COMFORT AND TO  
GREAT EFFECT. WE GOT TOGETHER WITH  
HEALTH AND WELLNESS EXPERTS  
TO DEVELOP OUR SO-CALLED  
SIGNATURE TREATMENTS: PERFECTLY  
COORDINATED WATER PROGRAMS,  
SELECTED AT THE TOUCH OF A BUTTON  
FOR YOU TO ENJOY.

DISCOVER THE DIVERSITY OF OUR  
SPA SOLUTIONS AT  
[LIFESPA.DORNBACHT.COM/SOLUTIONS](https://lifepa.dornbracht.com/solutions)



# RAINMOON AQUAMOON AQUAMOON EMBRACE



**AQUAMOON** is an individual shower experience in a new dimension. With this innovative product concept, you can have a previously unexplored encounter with the element of water. Four, newly evolved flow modes and fascinating light settings combine in an emotional water experience that dispenses new life-force energy.

The effect the water has on your body is enhanced by mental and emotional participation. **AQUAMOON** uses the togetherness of water and light to intensify the personal Bliss experience with sensations such as relaxation, refreshment or security. The individual's longing for balance and life-force energy increases. Maintaining personal good health becomes ever more important – **AQUAMOON** provides a multi-sensory experience that is decisive for maintaining physical and mental health.





## WATER, LIGHT, ENERGY



**AQUAMOON** features a minimalist design that puts the focus on the exceptional water experience. The central element is a dome set into the ceiling. Integrated seamlessly into its surroundings, it merges almost invisibly into the bathroom or spa architecture. If you look into the dome, you get an extraordinary sense of depth. This shower experience has a hidden light strip inside the hemisphere to create the perfect mood lighting and give a sense of infinity as you look up into the dome from below.

The **AQUAMOON** product concept is available in **RAINMOON**, **AQUAMOON** and **AQUAMOON EMBRACE** versions.







**TEMPEST** – The nature of water. With its large, exceptionally soft drops that seem to fall without pressure, responding only by the power of gravity, the TEMPEST flow mode brings the natural experience of a blustery shower of rain to the bathroom. The flow mode does not follow logic, it follows the nature of water. A thunderstorm coming from all directions has a clearing effect that simultaneously brings relaxation and refreshment.

**PRODUCT SOLUTION:**  
RAINMOON, AQUAMOON,  
AQUAMOON EMBRACE



**AQUA CIRCLE** – adapts to every need. The effect of AQUA CIRCLE is governed by the volume of water. Water falls from the dome as a soft cone. The more water there is, the smaller the cone becomes. This produces a powerful, concentrated flow that is ideal for washing yourself and your hair, for instance. When there is less water, the cone widens to leave your head clear, as the water falls softly and steadily over your shoulders like a rain curtain. AQUA CIRCLE has a relaxing and meditative effect.

**PRODUCT SOLUTION:**  
RAINMOON, AQUAMOON,  
AQUAMOON EMBRACE



**QUEEN'S COLLAR** – removes the burdens of everyday life from your shoulders. QUEEN'S COLLAR is a semi-circular cascade of water that brings to mind the experience of a natural waterfall. The flow mode massages your head, shoulders and spine and depending on the pressure and temperature of the water, the effect can be calming and relaxing, or invigorating and refreshing. The intensity of the cascade also varies, according to the part of the body involved. In the centre, where the cascade falls mostly on your head and forehead, it is wafer-thin, gentle and almost caressing. The effect at the side, however, is powerful and revitalising.

**PRODUCT SOLUTION:**  
AQUAMOON, AQUAMOON EMBRACE



**EMBRACE** – Experience the feeling of security. EMBRACE completely envelops your body in water, like a big hug – but your head stays clear. You experience a deep and intense sensation of security, shutting out everyday life and focusing on your own breathing and your own self. Distraction gives way to centring, stress gives way to deep relaxation. Make the experience even more intense by looking upwards into the dome that seems to lead to infinity. EMBRACE can also vary the intensity of the cascade, according to the part of the body involved.

**PRODUCT SOLUTION:**  
AQUAMOON EMBRACE

RAINMOON



**RAINMOON** provides a unique rain experience with two flow modes, TEMPEST and AQUA CIRCLE, and an integrated light function. The flow modes and the complete hand shower set are mechanically controlled by an xTOOL concealed thermostat with three valves.







## TREATMENT

## Creative regeneration



## HEALTH BENEFIT:

- mental relaxation



## TIME OF DAY:

Whenever you feel the need to give your thoughts free rein. Enjoy a moment of perfect peace to energise your creativity.

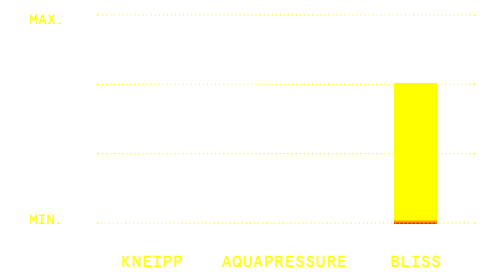
## APPLICATION:

The large, soft water droplets of the TEMPEST flow mode swirl around your body like a cleansing thunderstorm. Your thoughts become clearer with every drop and you feel light and liberated. Switch to the AQUA CIRCLE flow mode to be surrounded by a bubbling rain curtain. Your head stays clear – and if you look up, you get a unique and meditative sensation of infinity. An ideal state for shaking off blockages and adopting a new perspective.



Use the shower to take a conscious time out, to be creative and develop new ideas.

## THE EFFECTIVE ELEMENTS OF THIS TREATMENT:



HUMANITY LONGS  
FOR BALANCE AND  
LIFE-FORCE ENERGY,  
FOR RELAXATION  
AND SECURITY.

— MICHAEL NEUMAYR —  
DESIGNER AND INVENTOR





AQUAMOON



Along with TEMPEST and AQUA CIRCLE, **AQUAMOON** has a third flow mode, QUEEN’S COLLAR, as well as an integrated light function. Use the xTOOL control element to combine the flow modes as desired to create an individual water experience.







## TREATMENT

## Meditation shower



## HEALTH BENEFIT:

- relaxes and sharpens the senses
- dispenses energy for the day



## TIME OF DAY:

Just after you get up, when you are not yet fully awake. Your body and mind are now especially receptive and open to new impressions. The early hours of the morning are a particularly good time to combine your shower with a meditation.

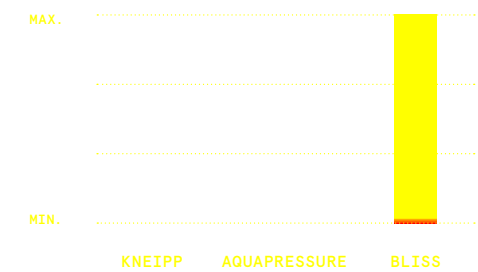
## APPLICATION:

Start your meditation shower with the TEMPEST flow mode and enjoy the warm, soft droplets of water on your skin. If it is comfortable for you, move from a standing to a crouching position and put your arms around your knees. Remain in that position for a while and feel your muscles become more and more relaxed. Then switch to the AQUA CIRCLE flow mode, which surrounds your body in a powerful cone of water while your head stays clear. Be consciously aware of your breath as you set a slightly colder temperature. Finish by selecting the QUEEN'S COLLAR flow mode and let your head relax and fall back. Enjoy looking at the seemingly infinite dome above you and feel the gentle cascade of water on your forehead.



Discover your own personal meditation ritual with **AQUAMOON**. Customise it to meet your needs with different flow modes, temperatures and volumes of water.

## THE EFFECTIVE ELEMENTS OF THIS TREATMENT:





WE NOW KNOW THAT  
CONSCIOUS MOMENTS OF PEACE  
ARE EXTREMELY HELPFUL IN  
BALANCING OUT  
THIS OVERSTIMULATION.

AND ALSO THAT THEY  
ARE CLOSELY CONNECTED  
TO OUR SUBJECTIVE FEELING  
OF HAPPINESS.

— MICHAEL NEUMAYR —  
DESIGNER AND INVENTOR



# AQUAMOON EMBRACE

**AQUAMOON EMBRACE** is at the forefront of the product concept. The four flow modes (TEMPEST, AQUA CIRCLE, QUEEN’S COLLAR and EMBRACE) combine with the changing colour of the light settings to provide an emotional water experience that dispenses new energy.

An invisibly integrated LED strip creates a soft light that is inspired by the effect of moonlight. In combination with the minimalist lines of the dome, **AQUAMOON EMBRACE** generates a unique effect of depth – the illusion of infinity.

**AQUAMOON EMBRACE** has at its disposal the entire spectrum of natural light, the colours of which can be individually and gradually adjusted. The light function can also be activated independently of water use, making it suitable for providing atmospheric lighting in your bathroom or spa.













HERE WE EXPERIENCE  
A THERAPEUTIC MOMENT  
OF SECLUSION,  
WHICH BECOMES ALL THE  
MORE VALUABLE AS  
THE NUMBER OF STIMULI  
TO WHICH WE ARE  
EXPOSED IN OUR EVERYDAY  
LIFE INCREASES.

— MICHAEL NEUMAYR —  
DESIGNER AND INVENTOR





## SENSORY SKY<sup>ATT</sup>



With **SENSORY SKY<sup>ATT</sup>**, you enjoy a sensory experience as if showering in the open air. The interplay of different rain modes, mist, mood lighting and fragrances in the luxury shower is inspired by nature's weather phenomena and touches all the senses.

The generous rain sky of **SENSORY SKY<sup>ATT</sup>** lies flush to the ceiling and brings nature in all her glory into your bathroom or spa. Huge, gentle drops fall from 345 finely-adjusted individual jets – creating a unique sensation of natural rain. A comforting shower of water rains down from the overhead and body sprays, while a warm water rain curtain envelops your body in a protective cocoon, shielding you from the outside world. The special, cold-water mist nozzle provides a refreshing variation. It gently moistens your skin like morning dew, dispensing a pleasant coolness and making **SENSORY SKY<sup>ATT</sup>** the perfect natural experience.





A special feature of **SENSORY SKY<sup>ATT</sup>** are the fragrances attuned to the Signature Treatments, as they are inspired by the actual weather phenomena and moods of nature.

They are produced using high-quality, natural, essential oils, aromas and balms, and accentuate the therapeutic effect of the water.

The latest lighting technology is used to produce the different mood lighting of the **SENSORY SKY<sup>ATT</sup>** Signature Treatments. Integrated into the rain sky are four LED spots and an all-round light frame.

In this way, **SENSORY SKY<sup>ATT</sup>** reflects the entire range of natural mood lighting – from a gentle sunrise to radiant daylight or expressive sheet lightning, to a calming sunset.





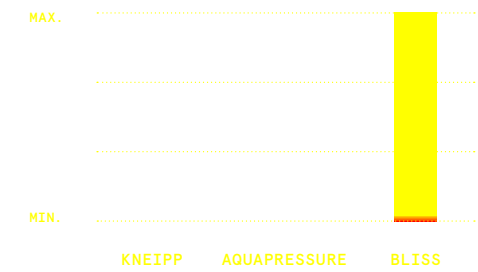


## SIGNATURE TREATMENT

## Readjust

sharpens the senses. Mist and soft rain reduce the daily flood of stimuli to a soothing minimum – until the gentle light of dawn sets in, the sky gradually clears and your awareness becomes more conscious and intense once again. The fresh-woody meadow herbs and sweet-fruity hints of berries that compose the luxury shower are reminiscent of the pleasantly soft fragrance of a dry forest floor, and boost the feeling of revival after your shower.

## THE EFFECTIVE ELEMENTS OF THIS TREATMENT:

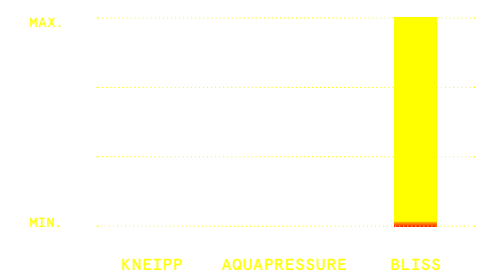


## SIGNATURE TREATMENT

## Release

is reminiscent of the intense summer rain that simultaneously cleanses and liberates. Pent-up energies are discharged in different rain modes and in invigorating changes of temperature and light. The alternation of cool and warm water in the rain curtain and the fascinating interplay of a summer shower and sheet lightning encourage a feeling of release – accompanied by a refreshing, seemingly tropical fragrance with hints of citrus and an earthy base. A new beginning for body, mind and soul.

## THE EFFECTIVE ELEMENTS OF THIS TREATMENT:





# Rejoice

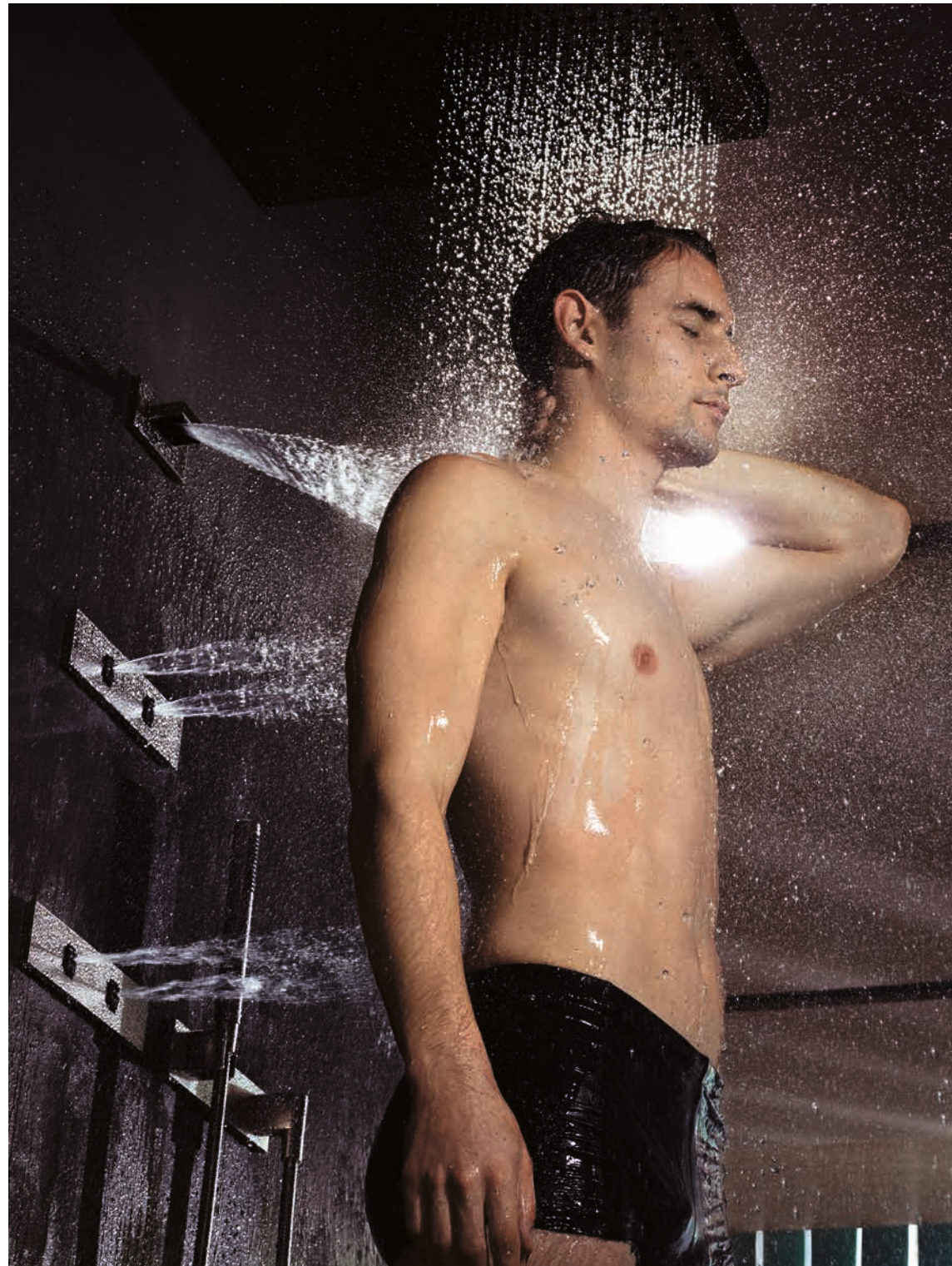
protects, envelops and stabilises. The outer, warm rain curtain of the luxury shower becomes a projection screen for the light effects, as water droplets glisten in all the colours of the rainbow. Added to this is a poetic composition of fragrance, that combines fresh and clear notes with a spicy-sweet and woody finish. A multi-faceted and harmonious interplay of colours, fragrances and water modes that gradually spreads through the entire organism and harmonises all the senses.

## THE EFFECTIVE ELEMENTS OF THIS TREATMENT:





## VERTICAL SHOWER



**VERTICAL SHOWER** combines different outlets and flow modes into unique water experiences. The massage shower provides many relaxing and health-enhancing water applications in your own bathroom – from neck massage to back massage.

**VERTICAL SHOWER** has different outlets that bring to life the therapeutic effect of the water in different ways. The **VERTICAL SHOWER** wellness shower is more than just water falling from above: it combines the new side sprays with an innovative massage flow. The new side sprays massage your back and shoulders, enveloping your body in water and delivering an unforgettable spa experience.







With the **JUST RAIN** rain shower, water rains down from above and envelops your body in large, glistening drops. The **WATER CURVE** massage jet gives a therapeutic massage to the neck and shoulders. Water hits the skin at different pressure intensities, resulting in increased blood circulation in these parts of the body. **WATER CURVE** not only helps ease tenseness in muscles, it can also be used to specifically stimulate pressure points and meridians.

**WATER FAN** gives the entire back a massage. This is achieved by one massage jet at thoracic vertebrae height (**VERTICAL WATER FAN**) and one in the lumbar vertebrae region (**HORIZONTAL WATER FAN**). The innovative fanned-out flow mode of **WATER FAN** achieves an especially deep massaging effect. Combined with the warmth of the water, this effectively loosens tense parts of the body.



LIKE ACUPRESSURE,  
AQUAPRESSURE IS BASED ON  
THE PRINCIPLES OF  
YIN AND YANG, QI LIFE-FORCE  
ENERGY, MERIDIANS  
AND ACUPUNCTURE POINTS.

— DR CHRISTOPH STUMPE —  
EXPERT ON  
TRADITIONAL CHINESE MEDICINE





# HORIZONTAL SHOWER



With **HORIZONTAL SHOWER**, you experience a fascinating water massage while reclining. The innovative massage shower brings a totally new feeling of relaxation that is only possible while reclining – tension melts away, everyday stress disappears with the water, and your body and mind feel noticeably revitalised.

The massage shower has six **WATER BARS** (soft massage jets) that are recessed above the reclining area. Water falls onto your body in soft raindrops, ensuring a unique wellness experience that is as therapeutic as a massage. **HORIZONTAL SHOWER** can also be combined with different wellness applications, such as peeling or body scrub massages.

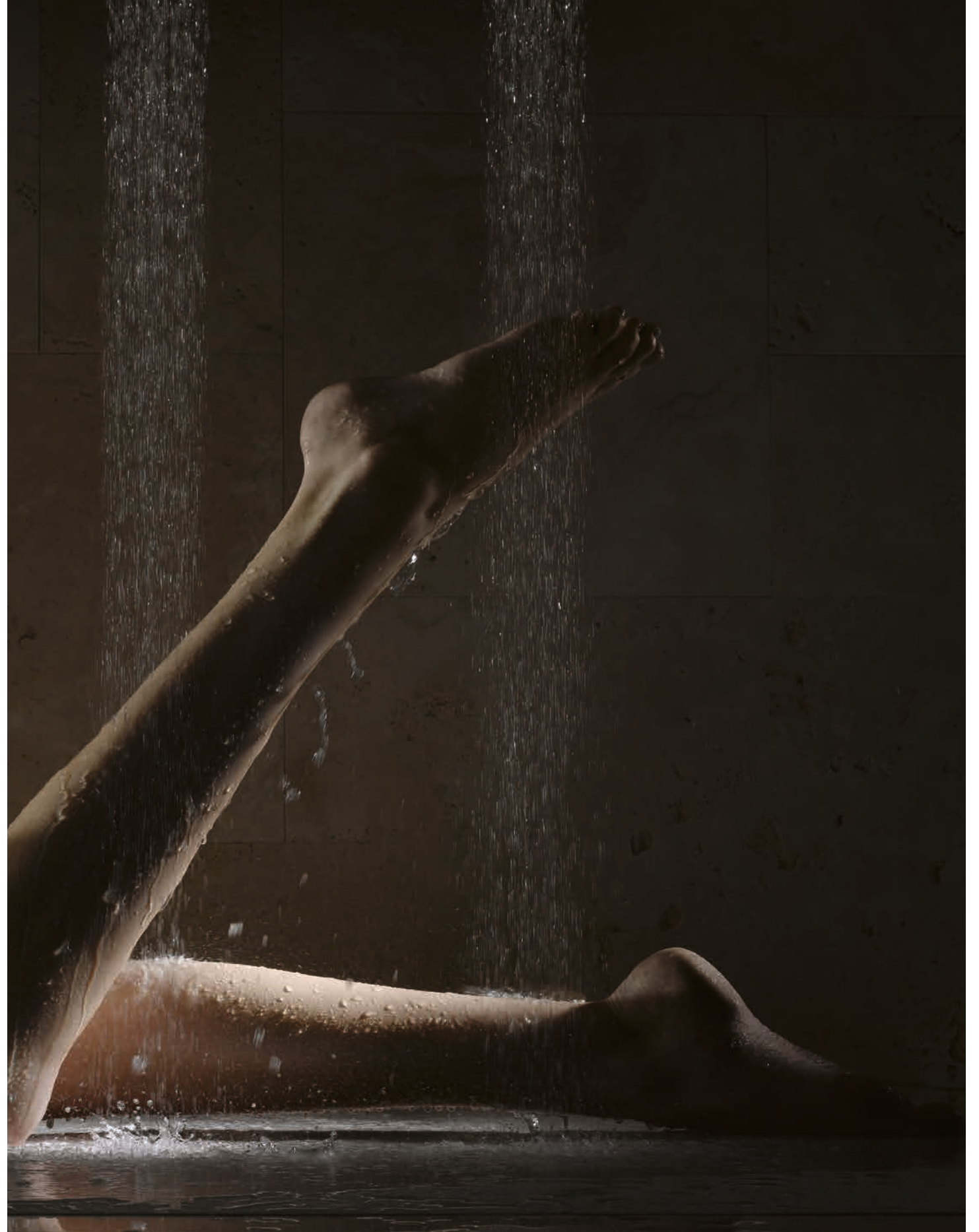








THE HORIZONTAL SHOWER<sup>ATT</sup>  
ENSURES MAXIMUM  
RELAXATION. YOU CAN  
BE COMPLETELY  
RELAXED LYING DOWN.





# COMFORT SHOWER



SPA SOLUTIONS

120

COMFORT SHOWER



COMFORT SHOWER

121

SPA SOLUTIONS

**COMFORT SHOWER** combines intense regeneration with great comfort. The innovative seated shower enhances your private spa with a unique application. Different outlets and flow modes let you enjoy therapeutic water experiences at the touch of a button while seated. You can relax deeply, and enjoy Treatments such as affusions or peeling, or even shave your legs in comfort.

The **COMFORT SHOWER** seated shower combines the **JUST RAIN** rain shower with the **WATER FALL** cascade spout with pearl stream. With this flow mode, the water falls gently onto the neck and shoulder area and luxuriously envelops your body, as if you were under a natural waterfall. At the same time, a powerful stream of water from two **WATER BARS** massages your upper and lower back, pleasantly relaxing and loosening. Therapeutic Kneipp affusions can also be carried out with an **AFFUSION PIPE**.





KNEIPP THERAPY USES  
WARM AFFUSIONS IN  
THE NECK AND BACK AREA.  
THEY ARE A GENTLE  
WAY TO HELP EASE MUSCLE  
TENSION.

— JOCHEN REISBERGER —  
KNEIPP EXPERT





# LEG SHOWER



Dornbracht presents **LEG SHOWER**, an automated contrast shower for invigorating leg affusions. This refreshes your body after sport, for instance, or helps to build up the body's natural defences.

The application has four **WATER BARS** mounted in the shower at calf-height. Control is easy with the xTOOL control element, which allows precise control of temperature and water volume.





WATER THERAPY  
GIVES THE BLOOD VESSELS  
A GOOD WORKOUT,  
BOOSTS THE METABOLISM AND  
LEADS TO A BALANCED  
AUTONOMIC NERVOUS SYS-  
TEM.

— JOCHEN REISBERGER —  
KNEIPP EXPERT





BE INSPIRED  
BY OUR  
LIFE SPA CONCEPTS!

Planning and inspiration for wellness bathroom & spa areas — Dornbracht LifeSpa delivers new experiences to the private bathroom & spa, as well as to the exclusive wellness and hotel environment. It is an adaptable planning concept for wellness architectures that shows you how water can work and have a positive effect on your health and your personal life-force energy balance.

Whether you are planning a wellness bathroom for yourself, or for one of your customer’s spas – Dornbracht will advise you in your planning and help you to design a wellness area that is fully in keeping with individual needs. We take the actual amount of available space into account and provide you with inspiration and specific planning aids – with regard to zoning, products, applications and materials, as well as the perfect mood lighting. We have years of experience and a sound understanding of spa and bathroom architecture and the effect of water, making us a competent partner who is ready to assist you in all phases of your planning.

OTHER ARCHITECTURE AND PLANNING EXAMPLES  
CAN BE FOUND AT:  
[LIFESPA.DORNBRACHT.COM/ARCHITECTURE](https://www.dornbracht.com/lifespa-architecture)



SMALL SIZE PREMIUM SPA  
BY SIEGER DESIGN

Dornbracht’s entire product portfolio has been devised and developed in collaboration with **SIEGER DESIGN** since 1985. This has produced some iconic designs that have determined the path to follow to create a new understanding of contemporary bathroom design. At the same time, Dornbracht has innovatively and lastingly changed the development of the bathroom/spa environment.

The SMALL SIZE PREMIUM SPA, or SSPS® for short is a concept developed by **SIEGER DESIGN** on their own initiative, to show that with intelligent planning, you can implement a home spa with exclusive features even if you do not have much room. On an area of only 6 m², this small, luxury bathroom meets the highest standards of comfort, functionality and quality of life.

The SMALL SIZE PREMIUM SPA is based on well-conceived zonal architecture and a functionally-oriented arrangement of elements. Only a glass screen separates the spacious wet zone from the dry zone. The two areas merge to turn the space into to an open and harmonious structure.

The concept, which received the German Iconic Award in 2015, can be interpreted for different design and style worlds, with varying furnishings and a choice of materials, finishes and colours.

**SMALL-SIZE-PREMIUM-SPA.COM**









SMALL SIZE  
PREMIUM SPA

BY SIEGER DESIGN



DORNBRACHT LIFE SPA  
BY MEIRÉ UND MEIRÉ

Health is our most important asset. We live in an age where individuals are increasingly pressurised, one where both physical and mental balance are more important than ever before. With this in mind, the bathroom has an important role to play. It is increasingly turning into a private spa and health room.

Knowing this, we developed a **DORNBRACHT LIFE SPA** architecture. It is an adaptable planning concept for wellness architectures that shows you how water can work and have a positive effect on your health and life-force energy.

Discover how effortlessly and beneficially special water applications can upgrade your home bathroom to a private spa – and turn it into an important component of your very own personal health and wellness strategy.

LIFESPA.DORNBRACHT.COM





**LIFE SPA**

AN ADAPTABLE WELLNESS AREA IN  
THE HOTEL AND FOR THE HOME



**ADDITIONAL INFORMATION ABOUT  
PRODUCTS AND APPLICATIONS CAN BE FOUND AT :  
LIFESPA.DORNBRACHT.COM**

**FOR SPECIFICATIONS, MAKE USE OF OUR  
DORNBRACHT GROUP PROFESSIONAL:  
PROFESSIONAL.DORNBRACHTGROUP.COM**

**PRODUCT DESIGN:** Sieger Design

**PRODUCT DESIGN RAINMOON, AQUAMOON,**

**AQUAMOON EMBRACE:** Michael Neumayr

**PHOTOGRAPHY:** Thomas Popinger, Markus Jans,  
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Vertical Shower: Dr. Christoph Stumpe

Horizontal Shower / Comfort Shower /

Leg Shower: Jochen Reisberger

Sensory Sky<sup>ATT</sup>: Schienbein + Pier

We reserve the right to implement model, program or  
technical modifications without prior notice.



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## Dornbracht Group

Premium Solutions for Interior Architecture

