

HYGROMATIK® SPA

member of CAREL group

CAREL

Air humidification

for health, fitness,
and well-being

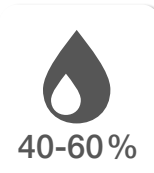
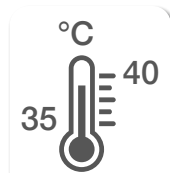
A woman with her eyes closed and hair down, practicing a yoga or pilates pose in a hot studio. She is wearing a dark tank top and has a focused expression. The background is softly blurred, showing other people in the studio. The lighting is warm and golden, creating a serene and intense atmosphere.

HotYoga | HotPilates

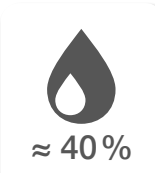
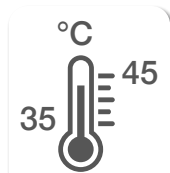
DEEPER RELAXATION AND MORE INTENSE TRAINING IN MOIST, WARM AIR



HotYoga



HotPilates



In both **HotYoga** and **HotPilates**, traditional forms of exercise are performed in highly heated rooms with elevated humidity. The moist heat increases flexibility, makes the muscles more supple, and helps prevent injuries. Precise and reliable control of humidity plays a key role in ensuring that the desired training effects are achieved.

- **Improved flexibility**
Optimal humidity levels promote rapid warming of muscles and joints and allow for deeper stretches and relaxation
- **Increased training intensity**
The combination of heat and humidity increases cardiovascular exertion and thus the effectiveness of the workout
- **Supported thermoregulation**
A balanced level of humidity ensures controlled sweating - air that is too dry can irritate the mucous membranes, while air that is too humid can impair thermoregulation
- **Improved well-being**
The interplay of temperature, humidity, and interior design promotes concentration and the connection between body and mind

To ensure that the humidity remains at the required level throughout a training session, the room air is continuously monitored and regulated. Depending on the requirements of the space, different humidification systems can be used. The humidified air can either be generated directly in the room or introduced through an existing HVAC duct and distributed evenly throughout the training room.

HYGIENIC, PRECISE, RELIABLE, AND EASY TO USE

Thanks to their flexibility, our air humidification systems can be perfectly adapted to the requirements of any space and are characterized in particular by their efficiency, precision, and ease of use.

- **Precise humidity control** for consistent training conditions
- **Fast response times** during fluctuating occupancy
- **Hygienically safe steam humidification** (in accordance with VDI 6022)
- **Energy-efficient operation** with Eco mode
- **Optimal system integration** into existing HVAC systems
- **Easy installation and maintenance**

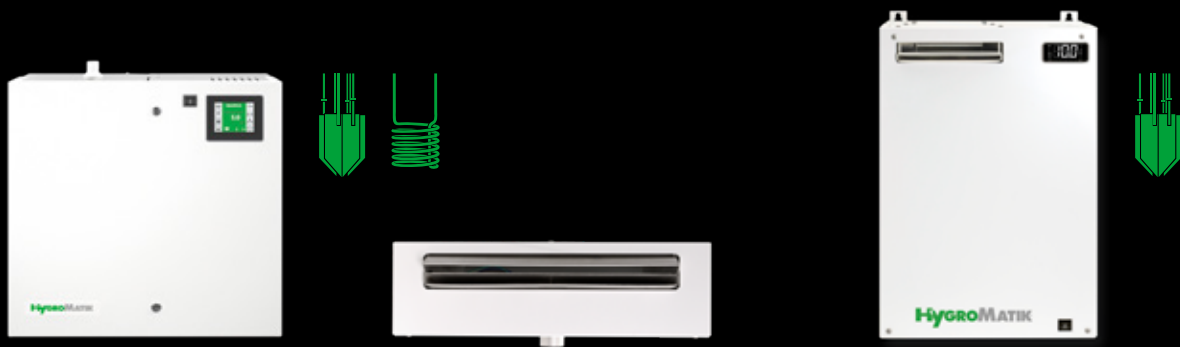
THE ADVANTAGES FOR THE OPERATOR

Professional humidification not only ensures optimal training conditions for HotYoga and HotPilates, but also guarantees a healthy indoor climate for your customers and employees year-round, thereby contributing to your long-term business success.

- Greater satisfaction and customer loyalty
- Differentiation in a highly competitive market environment through innovative concepts
- Reduction of operational risks
- Future-proof, scalable technology solution for new training concepts

Remote Touch Control
3.5" display e.g. for remote control in the training room





FlexLine		Ventilation Unit	MiniSteam E
humidification in the duct (without ventilation unit)			direct humidification
direct humidification (with ventilation unit)			
electrodes and heater type			electrodes
inside/outside the training room		inside the training room	inside the training room
performance classes from 3 to 130 kg/h			performance classes 5 kg/h 10 kg/h

Our service for 100% customer satisfaction

- Long availability of replacement parts
- Technical hotline +49 4193 895-293
or hotline@hygromatik.com
- HygroMatik distributes in more than 45 countries
- Operating manuals, planning data and information on workshop events available online at www.hygromatik.com

HYGROMATIK SPA

member of CAREL group

CAREL

HygroMatik GmbH

Lise-Meitner-Str. 3
24558 Henstedt-Ulzburg
Germany

T +49 4193 895-231
hy@hygromatik.de
www.hygromatik.com

HygroMatik USA

PO Box 10084
Lancaster, PA 17605
USA

T 717 299 5679
hy@hygromatik.com
www.hygromatik.com