

21C new bathing culture—

Chic modern woman and man's wellbeing bath, **BELLY BATH**

Sweating, fatigue waste, refreshing sleep&make-up, till the day



bellybath.co.kr 82-1899-5563



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What is BellyBath?

Upper body(+) is full of heat and energy(+), while the lower body(-) is lacking the, accordingly, the temperature of upper body is high, while the temperature of lower body(-) is low, which is imbalance of temperature, that is cold constitution, the cause of disease.

Lower-body bathing is the healthy bath method that can adjust balance of temperature by removing chilly air, warming the inside of only lower body instead of the upper body.

The words that Holland doctor of 18C, Hermann Boerhaave said 「Keep your head cold, keep your feet warm and live your body at ease, you will laugh at all doctors」, and the Oriental medicine, 「Dumubyeong Naengtong Bokmubyeong Yeoltong」 and 「Duhan Jokyeol」 also explain the necessity and the effect of lower-body bathing.

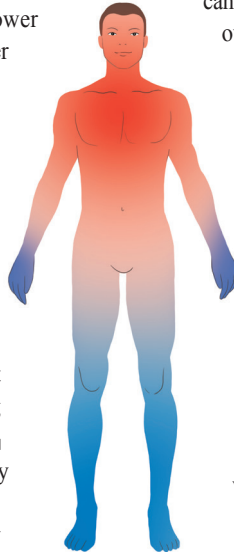
In the Oriental Medicine, the heart is Yang and the kidney is Eum, therefore, it is healthy when the energy circulation

is well done and the balance of temperature is maintained, when the Yang energy goes down and the Eum energy goes up, those who are sick and has bad blood circulation has hypothermia below the temperature of 35℃, and the lower body temperature is far lower than the upper body.

Full bath remains imbalance of upper-lower body temperature, since



the temperature of upper and lower body goes up together. Also, as the upper body temperature goes up almost 40℃, body organs cannot stand the high temperature, also, the cells are destroyed over 42℃, therefore, it is not easy to do full bath over 10 minutes.



However, lower-body bathing infects heat only into the lower body while lowering the upper body heat, perspiration bath, accordingly, it is better than full bath since it is available for long bath over 2~30 minutes keeping balance of lower body temperature.

When taking a lower-body bathing, sweat comes out like rain in order to keep balance of temperature by lowering upper body temperature, while the temperature goes up, which sweat is temperature regulation perspiration, however it can be said to be the same component as the sweat that comes out when doing exercise, as the sweat through active blood circulation within the body.

Lower-body bathing can be said to have healthy effect of disease prevention and healing through temperature up as well as clean body management and the beauty effect of body waste emission through sweat.

Lower-Body Bathing, 21C Korean New Bath Culture

To see the true record of the Dynasty of 300 years ago, when warm water bathing might have been a luxury for only minority noble men, it says that King Sukjong of Joseon Dynasty took a warm bath of

lower body below the belly button in order to cure leg pain, lower-body bathing was taken during that time, however it has become popular in the 21C as the popular healthy bathing.

In Japan, since the book of a doctor, Shindo Yoshiharu, 「Lower-body bathing, a healthy bathing method effective for all diseases」 became the bestseller, lower-body bathing became a trend of bath in many homes.

In Korea, also, since public broadcasting KBS TV broadcasted in a health medical program, 「Secret of Saengrobyeongsa」 based on scientific basis, e.g. effect of lower-body effect and practice case, etc. for the health of the people for two sessions, one hour per each, it has become a trend and settled down, accordingly, it has become a national new bath culture.



In each home as well as in the public bath, lower-body bathing became a new custom to take a lower-body bathing sitting around the bathtub.

Korean bath culture that foreign tourists are surprised and interested in when they visit Korea is,

First, Sansuke culture, second, almost of Korean people enjoy lower-body bathing.

Many of famous businessmen·politicians·entertainers of Korea including the Chairman of Samsung recommend and practice lower-body bathing as health care·beauty care.

Now, lower-body bathing has been practiced by many people of Japan·Korea, as well as China, which soon will be the bath culture of the world citizen and be loved as the health beauty treatment of them.

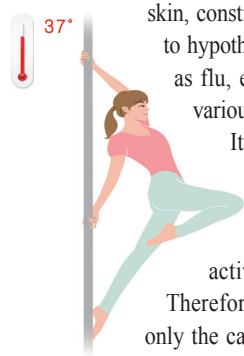
Lower-body bathing that raises temperature by 1℃

Low temperature 1℃ saves my body

—Partial quotation from Japanese doctor Saito Masasi's book

Healthy people's temperature is between 36.5℃ and 37℃.

However, due to stress·lack of exercise, modern people easily become hypothermia with temperature below 35℃, since blood circulation is not smooth, this hypothermia not only becomes the cause of obesity, rough skin, constipation, atopy, etc., when immunity falls due to hypothermia, it is easy to be infected by virus such as flu, etc., also, easy to be taken with diseases as various inflammation, tumor, etc.



It is said that immunity gets lowered by 30% when the body temperature goes down by 1℃.

Cancer cells slow down over 39℃, and get activated the most at the temperature of 35℃.

Therefore, in case of cancer, thermo-therapy to kill only the cancer cells by heating the diseased area over 40℃ is very effective.

Low body temperature, where the immune system gets lowered, is more dangerous for health when it is continued, rather than high body temperature, where immune system is operated.

On the contrary, immunity goes up over 500 percent when body temperature goes up by 1℃, and the blood circulation goes well, accordingly, human body loses weight and gets healthy due to body fat decomposition that consumes energy. Human body has a



fever when one catches a cold, because it is the instinctive defense action of human body by raising temperature in order to raise immunity. Most of the patients show low-temperature and healthy people with good face color maintain high temperature. The best way to consistently maintain high temperature, the source of healthy by escaping low temperature, the source of all diseases, is to increase muscle amount and constantly do aerobic exercise.



To reinforce immunity and improve blood circulation by raising the temperature 1℃ with exercise over 30 minutes or bathing a day is temperature up health treatment.

However, unfortunately there are not many people of modern society can manage health combining with muscle exercise and aerobic exercise only eating good food every day in free time and economic abundance without getting stressed.

Then what would be the second best? Lower-body bathing.

To keep balance of whole body with high body temperature even only 30 minutes a day through lower-body bathing is the second best to exercise, which can catch three rabbits at a time, cleanliness·health·beauty by relieving tiredness before sleep.

Effect of lower-body bathing

- Disease prevention through cold removal
- Treatment effect through reinforcement of high temperature immunity function
- Beauty effect through waste(sweat) emission

Diseases effective with lower-body bathing

cold, cold hands and feet, backache, earreflexology, hemorrhoids, cramps, atopy, skin inflammation, high blood pressure, dizziness, obesity, gonalgia, rhinitis, stress, bladder infection, prostatitis, insomnia, athlete's foot, pimple, obesity, etc.

How to take a lower-body bathing

- Water temperature: around 40℃

- Water depth: between solar plexus and belly button
- Bathing time: 20~40 minutes
- Bath preparation: wormwood, aloe, etc. according to each taste
- Number: according to each necessity, every day or every other day

How to take a long lower-body bathing

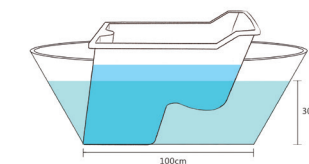
- Using bathtub cover
- Reading and TV watching
- Continuous water supplement
- Light stretching exercise



Time zone of lower-body bathing

- Always OK
- Helpful for deep sleep when doing 1~2 hours before sleep
- OK also after meal or drink (digest promotion, hangover solution)

BellyBath, Byword of lower-body bathing



- Lying style tub for full bath is rather inconvenient for lower-body bathing sitting up straight for a long time, also, consumes too much warm water.

Large size bathtub that requires

warm water a lot, which is available to lie comfortably, however both large tub and small tub, where you cannot sit by stretching the legs, are inconvenient for both legs and the waist to take a lower-body bathing.

- Most of apartment bathrooms are installed with lying style tub, however it is not frequently used. As the result, recently it tends to install only shower booth when building new houses.



- Belly bath is a lower-body bathing exclusive tub that can be easily used in a home that has no bathtub, solving the inconvenience of lying style tub, which has become a byword of lower-body bathing, gaining great popularity.

BellyBath, terminator of lower-body bathing

As comfortable as it gets

- Unique structure, instead of the western or basin type
- Chair-type design optimized for long half-bath
- Chair designed to comfortably support the weight

As small as it gets

- 53×100×6 cm (W×L×H)
- Minimizes flat area as one sits instead of lying
- Proper for city residential environment with space-saving type
- Available for large frame with large interior space, due to simplification of straight line (no problem with 185cm height)

Warm water conservation and foot bath

- The only half-bathtub designed for foot bath as well
- Footbath 25ℓ, half bath 80~90ℓ
- Water level adjustment for the lower body volume (around 40ℓ)



Mobile, durable, thermokeeping, convenient

- The only half-bathtub that can be easily used in room
- Semi-permanent with solid durability
- Made of harmless and thermal PE material
- Stopper hanger hook · part hanger hook · connector, and other convenient features

Guarantee instead of warranty

Our products do not even require warranty service as they guarantee excellent quality

Rubber pad

- Non-slip pad for slippery bathroom floor
- Fitted on the front bottom of the bathtub



Bathtub stopper (Spare)

- Spare stopper to prepare for loss or damage



Shower line connector

- Connector to link to the hose instead of the shower head
- Useful for supplying warm water to the bathtub and also for car wash and watering gardens



Drain connector

- Hose connector to supply warm water to the bathtub placed in a living room or bedroom



Bathtub cover (optional)

By altering the end cap (developed by the company), you can save more space



Exclusive chair-type half bathtub

- Breaking the mold that bathtubs should be long for you to lie in, or that half bathtubs can be short in height for you to just sit in.

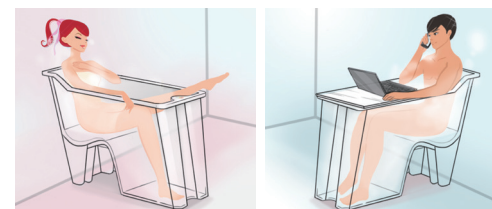
- Save the costs to heat up the water and protect your health at the same time
- Suitable for any bathroom with the elegant white or pink marble color
- Light weight, 12kg, that can support up to 100kg
- Despite the compact size, even people as tall as 185cm feel comfortable when sitting in the bathtub

Incomparable BellyBath

Half-bathtub that is as small, convenient, and good as it gets

Chic modern woman·Busy modern man's well-being bathtub, BellyBath

- It prevents low temperature, the source of all diseases, that is caused by stress·diet·lack of exercise, etc.
- Idealized movable bathtub for narrow city residential environment such as officetel·one-room, etc.
- You can enjoy reading by taking a rest with a cup of tea on the fitted bathtub cover.
- You can enjoy foot bath by putting water only the front part of the chair according to your mood.
- Sweat!!! Tiredness Waste Toxic~ Good for make-up, lower-body bathing before sleep helps you to have a deep sleep.
- Chic modern woman·Busy modern man's face, who have hardened health with Belly bath, is full of energy.



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