

**Subject: University of Flensburg, Wellness Lounge**  
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### **Wellness for Employees of the University and for Club Members**

The sports centre of the University of Flensburg has become even more attractive. A new Wellness Lounge has been created for employees of the University as well as for members of the sports club. "14 days after the opening it has already become a success," reports Dr. Thorsten Ohldag, director of the sports centre. He further explains that "in Japan they usually provide relaxation for employees during their lunch break – this is a great idea, as well as a substantial contribution to overall health promotion. We have picked up this idea and applied it to our sports centre."

The Wellness Lounge is completely sponsored and can be used without charge by employees of the university during their lunch break. In the morning and in the evening it is available for the members of the Cybex Sports Club and for the sponsors. Relaxation is provided on one of three beds, which are filled with 300l of well-tempered water. Two jets shoot the water in even, circular movements against a natural rubber bed, massaging the muscles all over the body thus enhancing the overall blood circulation. The type and area of the massage as well as the pressure intensity can be easily regulated via joystick. The changing colours of the light in this room as well as its appealing interior design, also contribute to the feeling of an overall well-being.

"The Wellness lounge means maximum relaxation with a minimum effort, because it happens while the user stays fully clothed – only the shoes need to be taken off," Ohldag adds concludingly.

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