



Garra•Rufa



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Softer,

Smoother,

& Healthier skin

History

Garra Rufa fish were discovered in the early 1800's in Jordan, Tigris-Euphrates river basins, the coastal rivers in southern Turkey and northern Syria.

They feed on algae, phytoplanktons and zooplanktons but these are at times scarce because of the high water temperatures of the water they live in. Garra Rufas are harmless and toothless fish. These hardy fishes can live in warm water with temperatures around 35C to 42C. Because of the shortage of food in these warm spring waters and outdoor pools, these comb fishes have developed the extraordinary ability to feed on dead skin cells from the bathers in these pools. One of the tales told was of a shepherd that spread the word about the healing abilities of the Garra Rufa fish. Whilst having an injured foot, he had contact with these remarkable fish in a swamp.

The tiny fishes encircled his foot, and sucked at his wound. Afterwards he discovered that his wound has healed. He began to spread the amazing tale around, which drew hundreds of people to the warm water springs to seek a cure for their skin disorders.

Beware of Imitations!!

Various types of so-called Doctor Fish is used throughout the world, they look similar to the Garra Rufa and is sometimes referred to as "Chin-Chin" they come mostly from China and Taiwan and is nothing more than the common Nile Tilapia. They have the ability to swarm as a school and bite on any foreign object placed into the water. These Tilapias are **not recommended**. The Chin Chin has a very high mortality rate and can grow up to a length of 22cm! It is also *classified as a pest fish in some parts of the world*. However they do not assist in any form of temporary treatment for skin problems compared to the Garra Rufa. They have also been known to damage the skin of patients when they grow too big.

Is it hygienic?

Yes, it is...if the right equipment is used. Due to a lack of knowledge, many people around the world believe its not hygienic. Garra Rufa fish cannot transmit diseases. The water gets filtrated and cleaned constantly by state of the art filtration equipment and UV to get rid of any bacteria; therefore diseases can not be transmitted through the water. A UV Sterilizer and dual filtration system is standard on al our units.

Facts about Garra Rufa

They originated from the Middle East in tropical rivers & springs.

They release enzymatic secretions which aid in faster skin regeneration. By natural exfoliation they remove dead skin cells by sucking on skin. They have an estimated lifespan of 5 years. They can grow up to 7cm in length. They are known for their unique ability to nibble even when they are full! Assist in temporary treatment of skin conditions such as psoriasis & eczema. They assist in improving blood circulation and opening up pores.



What is Doctor fish

Doctor fish is the name given to the two main species of fish: Garra Rufa and Cyprinion macrostomus.

Other nicknames include nibble fish, kangal fish, little dermatologists, surgeonfish and doctorfishen; in non-medical contexts, Garra rufa is called the reddish log sucker.

Benefits

This amazing species of fish is used in spas or spa resorts as a cosmetic beautifying treatment and as a cure for a variety of skin disorders including psoriasis, dermatitis, eczema and they improve blood circulation.

The Garra rufa love to nibble on dead and diseased skin. As soon as the patients insert their limbs in the water, an army of these little guys start eating away the skin that's been softened by the warm water.

The fish are like combfishes in that they only consume the affected and dead areas of the skin through natural exfoliation, leaving the healthy skin to grow.

Does it hurt?

If you're concerned about the fish biting you, don't be...Garra Rufa Fish do not have teeth, the sensation you get is ticklish at the most whilst the fishes get rid off any unsightly dead skin cells.

