



HEALTH MATTERS

Beat Stress: Get Wet

(NAPSA)—Once reserved for sports teams and intensive physical therapy, today more people are discovering the benefits of owning a hot tub. With work related stress and increased pressures in daily routines, the use of a hot tub is not a luxury—it's an investment in health.



Letting tension get the best of you is all wet. Hydrotherapy in a hot tub can help.

Stress can lead to muscle tension, headaches, fatigue and soreness. The key elements found in hot tubs—buoyancy, heat and massage—create an environment for optimal health.

Buoyancy eases pressure on joints and muscles. Heat increases blood flow to muscles, accelerating healing. Water provides therapeutic massage, stimulating endorphins, the body's natural painkiller. All combined, this hydrotherapy leads the body to a more restful state, promoting well-being and a good night's sleep.

This massage is delivered through a system of jets found in every Sundance hot tub, adjustable to the user's preference, and allows for a gentle massage or an intense deep tissue therapy session.

To learn more about hydrotherapy, visit www.sundancespas.com.