

## **Relax and Reduce Stress**

The link between stress and illness should be of interest to anyone concerned with their health. We all have stress in our daily lives relating to work, family, and society. Mental tensions, frustrations, and insecurity are among the most damaging types of stress.

Affected by stress, the heart works harder, breathing becomes more rapid and shallow, and digestion slows. Nearly every process of the body is degraded. Researchers have estimated that 80% of disease is stress related. Since we usually can't avoid it, the key to dealing with stress is relieving it!

A soothing and relaxing soak in a hot tub can help counteract stress and its effects on the human body. It is the perfect antidote to a hectic and stressful lifestyle. The warm waters and soothing massage work to relieve anxiety and relax your tense muscles.

Numerous independent studies have proven that a warm water massage stimulates the release of endorphins, the body's natural "feel good" chemical. Your hot tub will enhance your sense of well being, and leave you feeling fresh, clean, and ready to tackle life's daily challenges.