

# Your Home

## Soak Your Way To Wellness

(NAPSA)—A growing number of people are now using a hot tub as part of their personal wellness routine. They find the time they spend in warm water can soothe sore muscles, relieve stress and help them enjoy a better night's sleep.



This focus on personal wellness represents something of a change. Once primarily a location for socialization, hot tubs and spas have become personal sanctuaries.

Much like the blender was originally a tool to make margaritas and daiquiris, evolving into a wellness appliance for making healthy smoothies, today's hot tub has undergone a similar metamorphosis, becoming a private wellness sanctuary used throughout the year.

While any time of year is a great time for a soak in a hot tub, some say the fall is the best, since it gives you a chance to enjoy the combination of warm water and cool air.

### A Wellness Appliance

There are a number of wellness-related benefits that make owning a hot tub and incorporating it into your daily routine a smart decision:

- Reduce stress
- Rejuvenate the body and mind
- Increase circulation
- Improve sleep.

One of the most popular brands is Hot Spring. In existence for more than 35 years, this industry leader is the only company to have sold more than 1 million hot tubs.

High-performance Hot Spring features include:

- Exclusive to Hot Spring spas, the ACE® Salt Water System—The combination of salt and water automatically generates cleaners, allowing owners to spend less time on water maintenance

- The unique Moto-Massage® for a sweeping massage up and down your back

- Industry-leading warranties on parts, heater, cabinetry and shell

- The new NXT line sets a higher design standard, with a sleek exterior that appears to float above the ground.

To learn more, visit [www.hot.spring.com](http://www.hot.spring.com) or call (800) 999-4688.