

Healthy Living

Music And Water Combine To Reduce Stress

(NAPSA)—Reducing stress is known to contribute to a healthier and happier life.

That's why as stress levels rise, Americans continue to look for ways to address a number of health-related problems, such as general fatigue, muscular-skeletal ailments and high blood pressure.

For many years, relaxation has been seen as a key remedy for alleviating stress. As a result, many consumers have turned to hot tubs as an effective way to manage stress through hydromassage—a combination of warm water, buoyancy and the massaging action of powerful jets.

The soothing warmth of a hot tub—also called a spa—is said to help reduce stress, soothe sore and tired muscles, ease arthritis pain and even provide a better night's sleep.

Additionally, recent studies have shown that music also helps reduce stress and anxiety, resulting in improved respiration, lower blood pressure and improved cardiac response.

Watkins Manufacturing, makers of Hot Spring spas, has applied the benefits of both these environments and combined them in its latest offering—SpAudio, a fully integrated music system designed specifically for the hot tub experience.

Incorporating advanced audio technology, the system sends sound waves through the spa shell, turning it into the speaker, so the music is not only heard, but also felt during this extraordinary experience.

Available as an option on the



One of the latest features in hot tub technology is a device that integrates music with the rhythm of the jets of water.

company's Grandee and Vanguard models for 2003, SpAudio provides an added element of relaxation, making gathering with friends and family or spending time alone even more enjoyable.

Equipped with a Sony FM/AM Portable CD player, consumers simply plug the device into an external CD housing, sit back, relax and enjoy. The volume and equalization are easily controlled, making it possible to customize the sound without leaving the water.

Taking the relaxation experience one step further, Hot Spring has also recently introduced its Luminescence LED Light Kit. This energy efficient light kit provides an array of colors to set the visual mood for ultimate spa enjoyment.

Various timing, brightness and sequence patterns are adjustable in six soothing color choices, including blue, aqua, green, white, amber and red.