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For Immediate Release:

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### **MELT AWAY STRESS**

**St. Louis, Missouri, 10/12/07** - A product that has always been associated with the young single lifestyle is now the remedy for people of all ages. Hot tubs are actually more of a tool to help naturally heal your body from the effects of stress, injury, pain, arthritis and fibromyalgia. Warm water aquatic therapy is now being included for both children and adults in hospitals and rehabilitation centers all over the country because of the many healing benefits.

In today's society stress is a leading cause of many ailments. It has been estimated that 75 to 90 percent of visits to physicians for primary care are related to stress induced complaints according to the American Institute of Stress (A.I.S.). The ancient use of hydrotherapy is becoming more prevalent due to the combination of warm water with massaging jets to naturally heal the effects of stress. These days, a Sundance hot tub may be the best place to experience the personal benefits of hydrotherapy in your own home.

Today's hot tubs or spas have a variety of stress reduction techniques. The water's heat dilates blood vessels to increase blood flow to sore or damaged tissue. Buoyancy reduces body weight by 90% alleviating pressure on joints and muscles. Jet driven force of the water massages the muscles and stimulates circulation, which can help digestion and bring a healthy glow to your skin. Hydrotherapy may also promote the production of endorphins, the "feel good" neurotransmitters known to reduce the intensity of pain and contribute to a sense of overall well being. Since hydrotherapy is a natural way to relax, it can also set you up for a good night sleep.

Major brands like Sundance spas can program the temperature to between 84 and 104 degrees allowing the user to modify the spa to their needs, this allows for year round use. The jet placement and position of the seating are now more ergonomically correct for maximum comfort and relaxation.

Dale Port, the founder of Mirage Spa since its inception in 1988, proudly carries Sundance spas because of the many healing benefits. "Helping my customers find a way to feel better everyday combined with bringing families together in a relaxed environment is fulfilling" says Port. He has customers like Lynda Richardson who was diagnosed with Rheumatoid Arthritis in 2002. Her rheumatologist recommended getting a hot tub. In 2003 "after searching numerous places for a hot tub we came across Mirage Spa. We were so impressed with not only the staff but also the product. The jets were perfect for the trigger points where I had pain." says Richardson. She also stated that "After being in it for only 20 minutes I get the relief I need to be able to sleep." "My hot tub has been such a blessing to me and helps relieve me of my daily pain" says Richardson.

For additional information and the benefits of hot tub ownership please contact Mirage Spa at (314) 965-0660 or visit the website at [www.miragespa.com](http://www.miragespa.com). The product is available for wet testing Monday through Friday 9am to 6 pm or Saturdays 10 am to 4 pm.

MIRAGE SPA & RECREATION - Mirage Spa & Recreation, Inc was founded by Dale Port in 1988. We carry Sundance Spas, spa chemicals and accessories. Mirage is one of the top Sundance Spa dealers in the world and we have won the Exceptional Customer Service Award every year. Mirage also has class "A" rated service technicians.

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