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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Hot Spring Spas

By Celia Namart

A Hot spring spa is similar to a hot tub. It is a way to relax your body and mind at the end of an arduous day. A hot spring spa can revive a tired and aching body.

A hot spring spa works on three principals. Heat, massage, and buoyancy. When you come home at the end of a long day, and sit in a hot spring spa, you are treating yourself to not only a long relaxing soak, you are also being massaged by jets of warm water that are shot out of jet nozzles that are placed around the hot spring spa. By being immersed in the water, over 90% of your body weight is taken off of tired bones and joints, relieving any pressure that you may have. You are literally floating on the water.

The jets of water then massage you, relaxing tired aching muscles. The results are that you feel rejuvenated and ready to face another day. The jets are adjustable, so you can direct them toward whatever part of the body needs them most. Hot spring spas are also great for increasing blood circulation because the hot water raises your body temperature and that in turn dilates the blood vessels allowing better blood flow. Another benefit to a Hot spring spa is that as it relieves pain by releasing endorphins in the body as it relaxes. Endorphins are considered to be the body's natural painkiller. All who own a Hot spring spa agree that nothing can compare to the feeling of total relaxation you feel after soaking in a hot spring spa.

Doctors use hot spring spa therapy for their patients who suffer from debilitating diseases such as arthritis and fibromyalgia. Hot spring spas come in a variety of shapes and sizes, and can fit up to twelve people. They are set on a base of wood that you choose and can be fit into any size room, no matter how small or odd shaped, or they can be placed in the backyard.

The price ranges of a hot spring spa ranges in price according to the size and amenities that you order with it. The cost of a basic hot spring spa starts at \$699.00 and can cost as much as \$4,000 dollars. The accessories for hot spring spas are great, and include lights, music, and even video!. Stores can be found in every major city in the United States by looking in the yellow pages under hot tubs. They may also be found on the Internet. However, you may prefer to see the model in person and up close before you actually buy. Going the route of the Internet, just means you may have to travel to view and

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pick up your spa, so be prepared.

The advantage of a hot spring spa over an average spa is obviously the quality. They are made with the highest quality materials and will outlast a regular fiberglass spa by a long shot. Regular fiberglass spas over time have been known to crack, and are often made with materials that begin to wear out as the years pass.

Even though both way allow you to soak in warm water to wash away the day's aggravation, and both deliver an overall sense of well being when you are done. However, purchasing a hot spring spa is certainly a wise investment and will pay for itself many times over.

Celia Namart an avid traveler has collected her thoughts and ideas during her many travels around the world, she is now writing travel and vacation tips and advice, as well as general destination description for

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Day Spas – The Perfect Pampering Experience

By Daphne Succes

Around the world, day spas are attracting the attention of weary travelers, the overworked and anyone else in need of pampering. These getaway hot spots are usually nestled among mountainous, remote areas that are surrounded with rural serenity. Day spas often combine the luxurious spa experience with a full-service hotel and resort.

Spring-fed mineral baths, natural hot springs, a soothing Jacuzzi experience and mud baths are just a few of the amenities awaiting your arrival at day spas. For those who aren't familiar with hot springs, these natural occurrences are often thought to have magical healing powers in their ability to sooth and comfort achy muscles, joints and provide an overall feeling of wellness.

For the day spa guest who wants to receive the full spa experience, a beauty and facial salon are available in most facilities. From manicures to pedicures and a complete line of skin treatments, both men and women can take advantage of these spectacular luxuries. Day spas aren't just for adults, however, as there is always plenty for the children to enjoy. Among the activities include arcades, snacks and other fun activities that every youngster will like.

If you are thinking of paying a visit to a day spa, it's a good idea to call ahead and make a reservation. If possible, call early so that there will still be space on the day that you choose to make the trip. Before visiting, it's a good idea to become familiar with the spa's hours of operation, availability of overnight accommodations, walk-in and cancellation policies, etc. All of this information can be obtained through a quick telephone call to the spa's office or a visit to their website, if available.

As one may expect, the day spa experience comes with a price tag. The actual cost, however, will vary from one location to another and will largely depend on the amenities that you select. Price lists are

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often available verbally or online and payments are typically required in advance before your treatment(s) begin.

The majority of individuals choose to visit a day spa because they are looking for an escape from their otherwise hectic life, some time away from the job or just a vacation that includes some well-deserved pampering. No matter the exact reason, day spas are the perfect way to pamper your problems away. These luxurious treatments are continuing to gain in popularity, as is evident with the many resorts that have been built around their focus. In many areas, these resorts are a leading source of revenue for the community and the businesses around it.

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