

Here are just some of the many benefits of spa ownership:

**MORE THAN JUST RELAXING—A SPA
CAN BE GOOD FOR YOU**

Hot Tub Therapy Can Help Diabetics

For the more than 16 million people who have diabetes, help may be as close as the nearest hot tub. A recent study by a Colorado researcher published in the *New England Journal of Medicine* brings the benefits of hot tub therapy to the surface and sheds new light on the advantages of spa ownership. According to the study, soaking in a hot tub can be beneficial for people who are affected with Type 2 Diabetes Mellitus.

With this type of diabetes, people can often control their condition with regular exercise and a good diet. Unfortunately, many diabetics are physically unable to endure rigorous activity and maintain a steady weight. In a recent study conducted by Dr. Philip Hooper at the McKee Medical Center in Colorado, eight people with Type 2 Diabetes were placed in a hot tub for 30 minutes a day for three consecutive weeks. **The results indicated that patients reported a 13% reduction in blood sugar levels, improved sleep and an increase in their overall sense of well being.**

If you or someone you know is affected by diabetes, relaxing in a spa might bring needed relief. A spa is the ultimate way to relax, unwind and relieve tension through state-of-the-art massage. For more information on the results of this study, visit the New England Journal of Medicine Web site at www.nejm.org. For more information regarding Diabetes, visit the American Diabetes Association Web site at www.diabetes.org.

Source: [The New England Journal of Medicine](http://www.nejm.org) September 16, 1999

Sleepless Nights? Soak yourself into slumber in a spa.

Sure, spas help ease muscle and joint pain. But did you know they can help you get a good night's sleep as well? According to a poll by the [National Sleep Foundation](http://www.sleepfoundation.org), approximately 132 million Americans suffer from sleep disorders including mild to chronic insomnia, pauses in breathing and snoring. The poll found that 48% of women and 38% of men suffer from insomnia more than one night a week. This number is on the rise as evidenced by the growing number of sleep disorder centers across the nation (approximately 3,000 in the U.S. today). According to a sleep therapy center in Louisville, KY, insomnia is the second most prevalent reason people go to the doctor (after pain). Sleep researchers believe that many cases of insomnia can be traced to hectic, stressful lifestyles lived by basically healthy people. The results of sleep deprivation are varied and may cause battered nerves, grogginess, lapses in memory, depression, and erratic mood swings.

Immerse Yourself Into Liquid Tranquility!

So how can you help your body enter a deep sleep? According to a recent study in the scientific journal *Sleep*, a drop in body temperature can help to ease your body into a deeper, more relaxing sleep. Therefore it is suggested that you soak in very hot water (103° F) approximately 90 minutes before bedtime. This causes the body's internal thermostat to pull your temperature down, enabling sleep to set in with more ease. An ideal way to achieve this is to take a 15-minute soak in a spa. This therapeutic use of warm water is called [hydromassage](#). The beauty of a spa-induced sleep is that it is a natural remedy, unlike alternative sleeping aids such as prescription drugs, over-the-counter remedies and alcohol—all of which can make you feel groggy and have other adverse side effects.

[National Sleep Foundation](#), a nonprofit organization that improves public health and safety by promoting public understanding of sleep and sleep disorders, and by supporting sleep-related education, research and public policies. Their headquarters are located at:

1522 K Street
NW, Suite 500
Washington DC, 20005

Arthritis Foundation

One in three Americans—about 70 million people—has some form of arthritis. Although there are over 100 different kinds of arthritis, most are characterized by inflammation of the joints, which causes swelling, pain and stiffness, often resulting in loss of joint movement or function.

Many people affected by arthritis seek relief by soaking in the warm, soothing waters of a spa

. A hot tub can provide the warmth, massage and buoyancy needed to both relax and exercise joints and muscles in the convenience and comfort of your own backyard. Relaxed muscles create an overall feeling of comfort which can then make it easier to perform exercises and carry out daily tasks

If you know someone who is affected by the pain and discomfort of arthritis, a spa may bring the relief they need. A spa is the ultimate way to soothe stiff, sore muscles and joints through [state-of-the-art hydromassage](#).

To [obtain a free brochure](#) entitled "*Water Exercise—Pools, Spas & Arthritis*," or for more information about how a spa can be helpful in easing arthritis pain and discomfort, call the Arthritis Foundation. Contact your local chapter of the Arthritis Foundation to learn how you can participate in special events such as marathons and walks in your community.

[ARTHRITIS FOUNDATION](#)

P.O. BOX 19000
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A quality spa is an investment in your physical and mental well being. It can dramatically enhance your home and your lifestyle. But not all spas are alike. There are several things you should insist on when choosing a spa that's right for you.

First, is it large enough and comfortable to sit in? Dimension One offers a full range of spa sizes with seating for up to seven adults. And only Dimension One features the Ultra Lounge™, the fully reclining, contoured spa-within-a-spa that delivers intense hydrotherapy to your neck, shoulders, back, wrists and feet.



Dimension One's exclusive Ultra Lounge is the spa-within-a-spa that cocoons you in advanced hydrotherapy with up to 14 jets.

You shouldn't have to endlessly maneuver your body from jet to jet to get a full water massage. Dimension One's revolutionary Dynamic Massage Sequencer solves this problem once and for all. It's the first and only system that delivers a changing cascade of massage patterns to your most critical muscle groups—all automatically—so you don't have to move a muscle.

Your spa should also adjust to your body size, rather than forcing you to conform to it. Only Dimension One has the patented NeckFlex™ Jet Pillow, the fully adjustable neck jet pillow that easily accommodates your family members and guests. Its adjustable mini jets let you further customize the massage to soothe individual aches and pains.



Other critically important considerations are water purity and heating. Dimension One's patented Ultra Pure™ Water Management System is more cost-effective and efficient than any other spa water management system. It continuously filters, heats and ozonates your spa water, allowing you to use fewer chemicals.

Finally, you should consider durability and safety. Dimension One's UltraLife® is the most durable and practical spa shell material available in the industry. It comes with a lifetime warranty for years of trouble-free enjoyment.