

# Enhancing health every day with saunas & hot tubs

By Jim Cornelius *EDITOR IN CHIEF*

Anybody who has sat in a hot tub after a long day at work knows that it's a great way to relax, relieve stress and soothe the aches and pains of the day. But relaxation and soothing are just the beginning of the health benefits of a spa.

The American Whirlpool spas that Rick and Mel Trammell of Aqua Hot Tubs offer in Sisters are designed and programmed with physician input on jet placement so that they have therapeutic massage benefits as well as being a pleasant way to relax. The spas also provide chromotherapy — using light for its various beneficial properties.

"Blues are soothing, reds are more energy," Mel said. "They took that into account when they built those."

People have been using saunas for hundreds of years to enhance their health and wellbeing. Many people are now using sauna sits to relieve chronic pain and fatigue symptoms and to counteract the negative side-effects of medical treatments like chemotherapy for cancer (those with a medical condition should consult a doctor before using a sauna).

Aqua Hot Tubs offers Trinity infrared saunas and traditional rock saunas built in Oregon by Finlandia. The infrared saunas are less expensive and run off of 120-volt power.

"It's 120-volt, which I think makes it a little more appealing to the average person because you just plug it in," Rick said.

Traditional saunas require 240-volt power.

Infrared saunas max out at 145 degrees; traditional saunas can run much hotter and have the added effect of steam.

Rick notes that in Europe, a sauna "is a common appliance in anyone's home."

The Trammells don't just sell the products — they use them. They are installing a traditional rock sauna in their home to complement their hot tub.

"We're going to experiment with having both at home," Rick said, looking to determine the optimum regimen and use combination for health and wellbeing.

The health effects of the products are what drew Mel into the business when Rick acquired Aqua Hot Tubs after decades of working in the spa service industry.

"I was a nurse for 29 years and



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he made me an offer I couldn't refuse, to come and help the family business," she said.

Mel has brought on board a full line of Young Living Essential Oils to complement the wellness orientation of the business.

"It's just an alternate modality for pain relief," she noted. "They've got oils that help digestion and, obviously, stress. Using products that are infused with essential oils just reduces your toxic load."

Being able to directly service the hot tubs they sell is a big plus for the business — and for the customer. Maintenance is the

downside of owning a spa, and it's easy to get it wrong. A poorly maintained spa is not good for the skin, and lack of maintenance shortens the life of the spa itself.

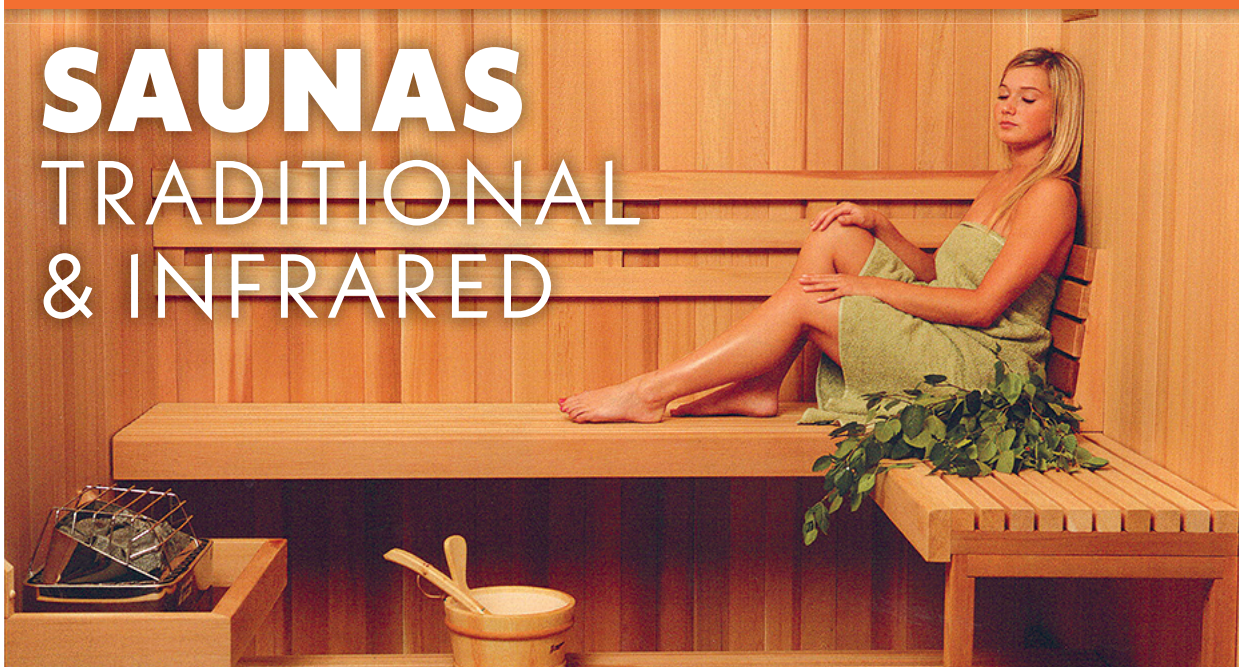
Regular maintenance is affordable and easy, Rick notes, and provides peace of mind.

"You can lift the lid knowing 'I'm safe to get in here,'" he said.

With a strong belief that their work is of benefit to the health and wellbeing of their friends and neighbors, Rick and Mel Trammell are happy to provide hot tubs, saunas and essential oils to the residents of Sisters Country.

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