



Trainer Pools - Great Exercise

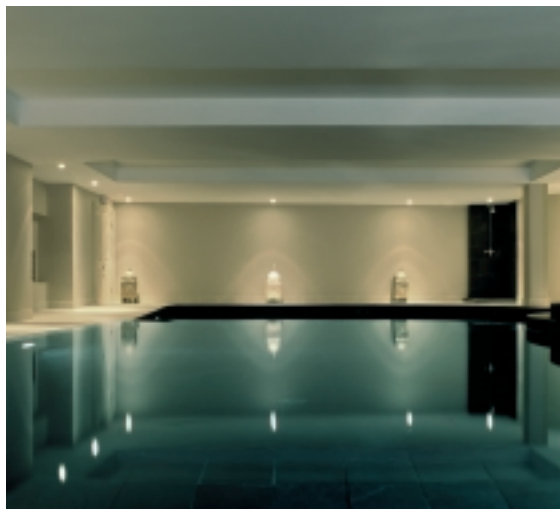
Bathing Beauties

How often have you emerged from a swim with dry, itchy skin and sore, red eyes? These symptoms are caused by the presence of high quantities of chlorine used to kill algae and other harmful bacteria in the water and can make swimming an altogether unpleasant experience. At Royal Day Spa the owner decided to opt for a much healthier alternative to the standard chlorinated pool by installing a Salt Water pool. Swimming in a mild saline solution is rather like taking a shower in soft water; the water feels smooth and your skin is left feeling comfortable and refreshed as opposed to dry and itchy. The salt water pool does still contain chlorine but in much smaller quantities than your typical pool.

On average a standard pool will contain 5% chlorine vs. a salt water or Ozone pool which will contain 0.05%. Shelly Murphy of Royal Day Spa is pleased with her decision to opt for a salt water pool.

"We have had a fantastic response to the pool from both members and day spa guests who comment on how wonderful they feel after a swim. Because we are a holistic spa it made no sense to offer our members lots of lovely treatments using organic products and then watch them swim in a bath of chlorine"

For further details about Royal Day Spa visit www.royal-dayspa.co.uk or call 01892 616191



Swimming is considered to be the most beneficial form of exercise whilst building strength and stamina and reducing stress to the body joints due to the buoyancy of the water.

If you have not got the room for a full size pool in your garden then why not try a new exercise pool, the new trainer pool from Athena Leisure (3.9m long x 2.4m wide x 1.17m high, fitted with the over the wall 1.8 kw swim jet) has been carefully designed to suit all members of the family from the strongest swimmer to the beginner. This exercise pool can be used for all types of swimming techniques, or as an air-bubble bath for under water massage.

It can be installed either above the ground, requiring minimal ground work, or in the ground providing easy installation and aesthetically pleasing addition to your home leisure and exercise routines.

Aquatic exercise is arguably the best exercise you can do. Gentle, soothing with no stress on joints or bones, swimming has historically been a favored method for staying in shape.

Now you can create an aquatic workout center in your own pool and enjoy all the benefits of this exceptional water therapy. You can burn calories, strengthen muscles and soothe body aches by swimming against a gentle or increasingly invigorating current. You control the degree of workout you want.

For more information contact Athena on freephone 0800 6344845 www.athenaleisure.co.uk