



*"I'd like to share a few useful ideas that could help you improve your health and quality of life."
- Dr. Kenneth Redcross*

DID YOU KNOW...

43% OF ALL ADULTS suffer from adverse effects from stress

STRESS IS ASSOCIATED with over 90% of medical illnesses

75-90% OF ALL DOCTORS VISITS are associated with stress related ailments

THE RITUAL OF BATHING is one of the best ways to beat stress naturally.

FOR OVER 40 YEARS BainUltra has promoted Relaxation, Health and Well-Being.

BAINULTRA BATHTUBS ARE CERTIFIED by the American Institute of Stress.

LEARN HOW STRESS WORKS, HOW SERIOUS IT IS AND HOW YOU CAN HELP REDUCE IT IN YOUR DAILY LIFE WITH SOME HANDY REMINDERS.



BREAK THE CYCLE OF STRESS with BainUltra

PAUSE

When you feel stress, heart rate and breathing increase. **A PAUSE REDUCES CORTISOL** (stress hormone) levels.

SIMPLY STOP: close your eyes and concentrate on your breathing for a few minutes.

Enhance your pause benefits and **TAKE A BAINULTRA THERAPEUTIC BATH**

REMOVE TENSION

When you feel stress in your body: tight shoulders, headaches, chest pains and stomach butterflies...

STRETCH, MASSAGE, APPLY HEAT, HUG SOMEONE to reduce tension, and slip in your **BAINULTRA THERMOMASSEUR** to enjoy **THE BEST MASSAGE A BATH CAN GIVE®**

LET NATURE IN

Stop and smell the roses
- **AROMATHERAPY**

Enjoy the sun
- **LIGHT THERAPY®**

Feel the colors of nature
- **CHROMATHERAPY**

ENJOY THESE THERAPIES IN A BAINULTRA BATHTUB

 **BainUltra®**



bainultra.com

