












AROMATHERAPY & CHROMOTHERAPY

For those of you that already own a spa or hot tub, make your experience even more relaxing by adding a therapeutic scent to your relaxation regime. Here are a few of our favorites:

-  Cherry Blossom – This scent has grown in success rather quickly. It is unique in that it combines fruity, floral, and fresh all into one. The scent is more girly than others, and it hints at rich, relaxing floral, while the citrus edge lightens the effect. The freshness is the final loving touch of this scent. For any unique individual looking for a scent that is not overpowering- this one is for you.
-  Coconut Lime Verbana – There is nothing else quite like this scent. It is sure to help balance your emotions with its ability to relax and calm. It also leaves an aftertaste of citrus.
-  Cucumber Melon – If you're looking for something cheerfully fruity and fresh, this scent will not disappoint. This scent is unique in its subtle fruitiness and evident freshness.
-  Jasmine – Recent research has claimed that this scent has the calming effects of Valium! If you've had an unbelievably stressed day, this scent is your answer. It's as simple as that.
-  Lavendar – This herb is widely known for its ability to relax, refresh, and revitalize individuals struggling with stress headaches, anxiety, mild depression, and insomnia. Even Romans figured out that adding lavender to a warm bath had noticeable healing effects.
-  Peach – This scent is light and playful and excellent for lifting someone's spirits. The juicy scent also creates a playfully romantic setting, and is sure to receive your approval.
-  Vanilla – This scent is one of the long-standing, most-popular scents in our culture. This scent is in many ways the epitome of happiness. Vanilla scents recall memories of grandma's cookies, eating ice cream on a hot day with your childhood buddy, and all the other sweet, innocent memories of being a kid. If you're looking for absolute contentment, then try this scent out.







Each scent is available in either a ½ oz sample pillow for one use, or a 9 oz bottle for repeated use.

In addition to their hydrotherapeutic effects, our Sundance Spas boast an alternative type of therapy called 'chromatherapy.' This therapy uses lights to create different moods to promote well-being.

-  Red – stirs passion and the desire for transformation; increases self-esteem.
-  Yellow – stimulates the intellect and inspires optimism; counters moodiness.



AROMATHERAPY & CHROMOTHERAPY (cont)

-  White – simplifies and adds clarity to the moment; repels dark feelings.
-  Green – creates a feeling of satisfaction with living in the moment; helps relieve insomnia.
-  Blue – bestows a sense of tranquility, peacefulness and contentment; promotes healing processes.
-  Teal – facilitates a balance of logic and emotion; balances emotions.
-  Violet – promotes feelings of intimacy and inspiration; calms anxiety.
-  Purple – invigorates creativity and appreciation of the arts; relaxes and soothes.