the Art of Relaxation
Sundance® Spas

Benefits of Hydrotherapy

Renewal (supreme replenishment)
By getting a break from the pace of our lives and submersing in an emotional sanctuary, you can relax, rejuvenate and rehabilitate your body, mind and soul.

Stress-relief
Everyday stress can create muscle tension and restrict blood flow, causing headaches, sleeplessness, fatigue and soreness. And how we feel physically can affect our thoughts, moods and ability to enjoy life to the fullest. Hydrotherapy is an effective solution to free your stress.

Healing
With the power to restore your body, mind and spirit, water therapies have been used to calm fiery emotions, soothe the body and restore the spirit. While water therapy of the past has evolved into modern hydrotherapy of today, Sundance® Spas continues the tradition of using the restoring properties of water – especially those involving warm water infused with deep massage – to provide the relaxation and nourishing rejuvenation from which the human body craves and immensely benefits.

Key elements of hot tub hydrotherapy

In a spa, heat, buoyancy and massage combine to create hydrotherapy.

The heat dilates blood vessels to increase blood flow to sore or damaged tissue. Buoyancy reduces body weight by 90%, alleviating pressure on joints and muscles. And massage performs the ultimate spa mission, relaxing muscles and relieving pressure on nerves. It also boosts circulation and accelerates the body's natural healing process.

Deep Tissue

Reflexology involves the application of deep pressure to these reflex points. One of the basic principles of reflexology is relaxation.

Warm water promotes relaxation, enhancing the effects of the soothing pressure being applied to reflex points on the body. On most models, jets can be adjusted and directed to specific pressure points for deep muscle massage while others target the areas of the wrists and feet, easing tension of the day and alleviating pain.

Benefits of massaging hands and feet
More than 5,000 years ago in China, India and Egypt, pressure points in hands and feet were manipulated to affect healing in other parts of the body. In the 1800s, Dr. William Fitzgerald identified “reflex points” and their corresponding muscles, organs and functions to create detailed maps of the hands and feet.

Muscle Release

The most widely-recognized massage technique is the muscle-releasing Swedish massage. Using different intensities and direction of movement, this technique increases circulation, releases pain and tension and promotes relaxation.

A muscle-releasing Swedish massage is perfect for anyone who is over worked or stressed. By relaxing the body, the carefree feeling in your mind soon follows.

Muscle-releasing Swedish massage can vary from light and soft to vigorous, including sliding, kneading, rhythmic tapping, friction and vibration motions.

This technique is also the basis upon which many types of Western massage have originated, including deep tissue and aromatherapy massages.

Pressure Point

Like reflexology, pressure point employs ancient philosophies practiced to unblock the free flow of energy through the body. Watsu combines shiatsu and gentle stretching in warm water to release blockages.

A warm spa (95- to 97-degrees F or 35- to 37-degrees C) is the perfect place to stretch, relax and find your center.

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Shiatsu

A Japanese “finger pressure” massage technique applied to the body zones defined by chi.

Relaxation

The benefits of hydrotherapy go beyond relaxation; it is about restoring balance. And, in a Sundance® spa you will quickly feel the difference.

Air-only jets comfort and cradle the skin while soothing your senses. It is a perfectly pleasurable option for relaxation and stress-relief, aiding in renewal of the mind and the spirit.

Hydrotherapy is a multi-purpose solution for restoring the body and the mind.

Research shows that massage can help improve your mood, relax muscles and boost immune function, resulting in total relaxation.

Deep Tissue

Delivers a vigorous, deep-muscle massage with broad coverage

Muscle Release

Designed to deliver a bold, targeted Swedish massage

Pressure Point

Stimulates acupressure points with a soft, targeted stream

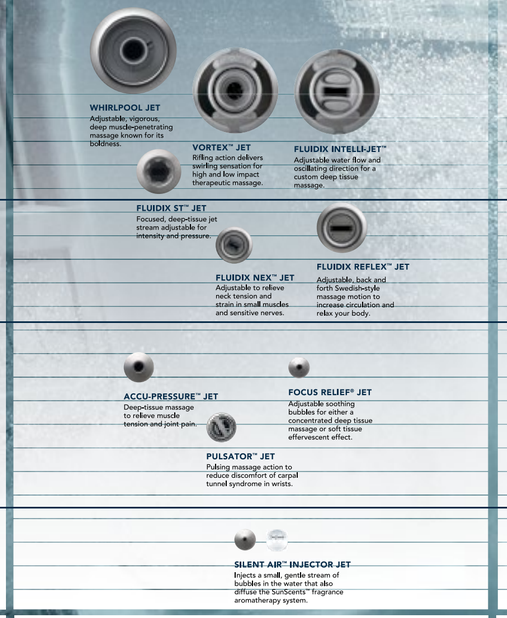
Relaxation

Soft, broad coverage of comforting, bubbling water

Massage Spectrum

980™ Series

UP TO 10 MASSAGE VARIETIES



WHIRLPOOL JET
Adjustable, vigorous, deep muscle-penetrating massage known for its boldness.

VORTEX™ JET
Rifling action delivers swirling sensation for high and low impact therapeutic massage.

FLUIDIX INTELLI-JET™
Adjustable water flow and oscillating direction for a custom deep tissue massage.

FLUIDIX ST™ JET
Focused, deep-tissue jet stream adjustable for intensity and pressure.

FLUIDIX NEX™ JET
Adjustable to relieve neck tension and strain in small muscles and sensitive nerves.

FLUIDIX REFLEX™ JET
Adjustable, back and forth Swedish-style massage motion to increase circulation and relax your body.

ACCU-PRESSURE™ JET
Deep-tissue massage to relieve muscle tension and joint pain.

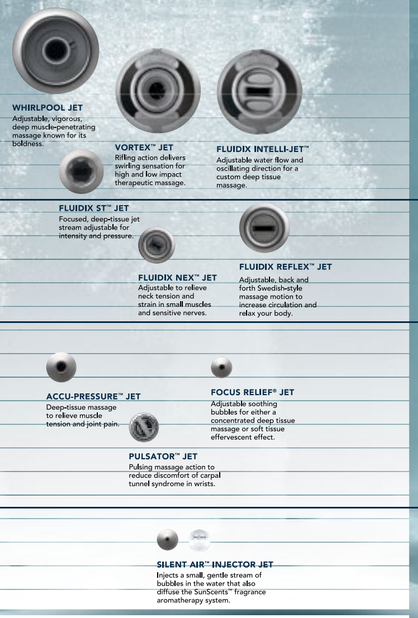
FOCUS RELIEF® JET
Adjustable soothing bubbles for either a concentrated deep tissue massage or soft tissue effervescent effect.

PULSATOR™ JET
Pulsing massage action to reduce discomfort of carpal tunnel syndrome in wrists.

SILENT AIR™ INJECTOR JET
Injects a small, gentle stream of bubbles in the water that also diffuse the SunScents™ fragrance aromatherapy system.

880™ Series

UP TO 10 MASSAGE VARIETIES



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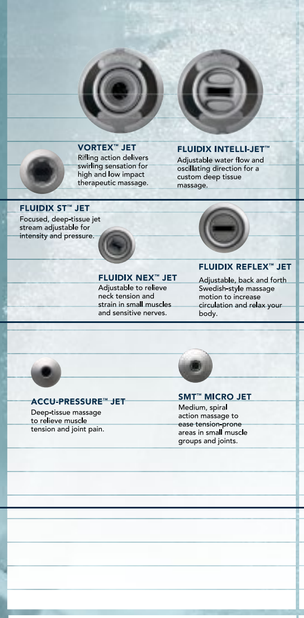
Select Series®

UP TO 7 MASSAGE VARIETIES



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FLUIDIX ST™ JET
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FLUIDIX NEX™ JET
Adjustable to relieve neck tension and strain in small muscles and sensitive nerves.

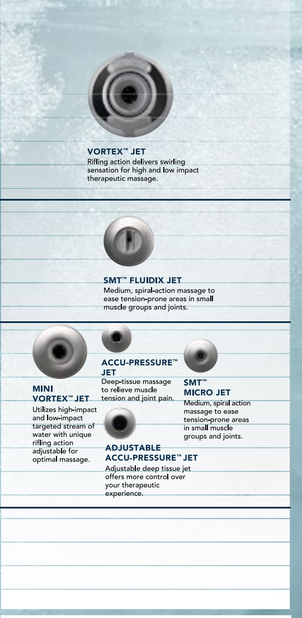
FLUIDIX REFLEX™ JET
Adjustable, back and forth Swedish-style massage motion to increase circulation and relax your body.

ACCU-PRESSURE™ JET
Deep-tissue massage to relieve muscle tension and joint pain.

SMT™ MICRO JET
Medium, spiral action massage to ease tension-prone areas in small muscle groups and joints.

780™ Series

UP TO 6 MASSAGE VARIETIES



VORTEX™ JET
Rifling action delivers swirling sensation for high and low impact therapeutic massage.

SMT™ FLUIDIX JET
Medium, spiral-action massage to ease tension-prone areas in small muscle groups and joints.

MINI VORTEX™ JET
Utilizes high-impact and low-impact targeted stream of water with unique rifling action adjustable for optimal massage.

ACCU-PRESSURE™ JET
Deep-tissue massage to relieve muscle tension and joint pain.

SMT™ MICRO JET
Medium, spiral action massage to ease tension-prone areas in small muscle groups and joints.

ADJUSTABLE ACCU-PRESSURE™ JET
Adjustable deep tissue jet offers more control over your therapeutic experience.

Relaxation Recovery Relief

Even if you don't know the difference between Swedish massage and Shiatsu, you'll be enchanted by the variety of massage combinations Sundance® spas deliver. Every Fluidix® jet is assigned a distinct role, uniquely designed to simulate a specific massage action. Air-only jet streams feel like delicate fingers massaging soft tissues. Other jets act more like strong hands deeply kneading large muscles. And some even mimic the rapid, stimulating techniques of Eastern massage therapies. The more Fluidix® jet variety you experience the deeper sense of relaxation you can achieve.

Sundance® Patented Fluidix® Jets

No Moving Parts = Less Wear and Tear

Aromatherapy

It is known as the “fragrant cure” and a “healthy indulgence.” Based on the healing properties of plants, aromatherapy makes the most of the fact that our sense of smell is a powerful trigger for emotions, memories and sensual response. Like hydrotherapy, aromatherapy has been employed since ancient times, when man discovered that the oils of plants, or plants mixed with oils, could be used to create personal scents and relax muscles. Scent has been a symbol of wealth and power since the days of the ancient Egyptians and the time of Nero. Marco Polo and Christopher Columbus traveled the globe in search of fragrant spices and herbs.

Aromatherapists have documented how scent affects our feelings and behavior. Today, some businesses and department stores circulate essential oils in their air conditioning systems to make the atmosphere either more invigorating (keeping office workers alert) or more relaxing and upbeat (putting shoppers in a buying mood).

SunScents™

Sundance® Spas was the first hot tub manufacturer to combine aromatherapy with hydrotherapy in an automatic fragrance system. Without lessening water quality, Sundance® SunScents™ are injected into bubbles and then released when they come to the surface, leaving you feeling renewed.

Jasmine from India promotes confidence and self-esteem.

French Lavender eases insomnia, depression, and worry.

Lemon, grown in the U.S., stimulates the mind and lifts the spirits.

Tahitian Vanilla aids relaxation by calming the mind and soothing emotions.

Eucalyptus, native to Australia, invigorates the senses and enhances mental clarity and concentration.

Cherry Blossom, **Apple Orchard**, and **Summer Rain** evoke nostalgia and the freshness of carefree outdoor days.

Chromatherapy

We all seek light. It stirs your soul, injecting a feeling of expectation and fresh energy, spurred by a power of the sun entering our psyches. Light has a profound effect on our moods and peace of mind. Countries such as Norway and Russia use light therapy to combat the half of the year the countries are dark, while other cities like Miami and San Diego draw sun-seekers by the masses for the nearly omnipresent sunshine.

Just as we all need and benefit from light in general, we also prosper from the specific properties of the individual colors in the spectrum. Chromatherapy, also known as color therapy, uses light in the form of color to boost and balance energy in your body.

Each color has its own wavelength and energy vibration – and different effect on us.

Red: Stirs intense feelings of desire and passion for transformation.

Green: Creates a feeling of satisfaction with living in the moment just as it is.

Teal: Instills a balance of logic and emotion.

Blue: Bestows a feeling of tranquility, peacefulness and contentment.

Violet: Prompts a yearning for intimacy.

Purple: Invigorates creativity in, and appreciation of the arts.

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