

AUGUST 2015

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## Lifestyles & Homes



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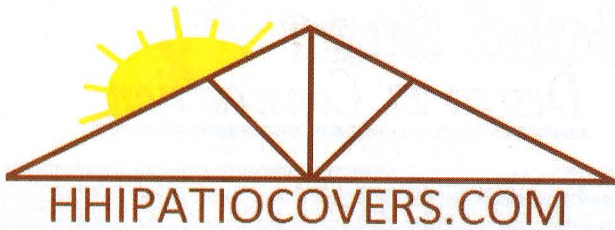
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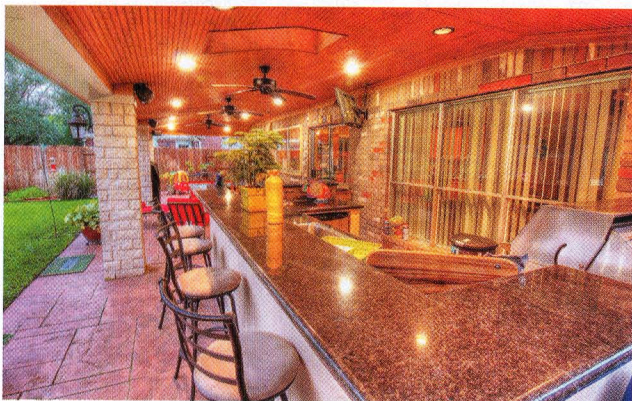
## HOME IMPROVEMENTS



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### Spa Technology

Electronics like remote-controlled TV, stereo or windows that work at the touch of a button make bath time more fun.

- MTI brings music to a bather's ears with its Stereo H2O — a built-in stereo system. Controlled from a remote amplifier that can be placed inside a cabinet and connected to CD or MP3 players, the sound is broadcast through the tub walls, with no visual speakers.
- Also available from MTI are radiant heating pads that can also be built-in; so what looks like a simple tub is actually a spa-like escape.
- Robern's TViD mirrored bath cabinet has an 8-inch LCD television incorporated in the door.
- Faucets at home are becoming increasingly user-friendly and efficient. Sensor-operated faucets have been around awhile in the hospitality industry, and nowadays they're making their way into homes as well.
- Toilets, such as the Numi (Kohler's most advanced), combine design, technology and engineering to offer the latest in personal comfort and cleansing. From striking contemporary form and features to water efficiency, toilets bring a new standard of excellence to the bathroom. The Numi features such lavishness as a motion-activated cover and seat, advanced bidet functionality, integrated air dryer, deodorizer, heated seat, foot warmer, chromotherapy and even music.
- Aromatherapy — Essential oils are diffused in the air for a relaxing or energizing effect. Kohler clients enjoy a unique, instantaneous diffuser system, which spread essential oils into the air by nebulization.

To be completely on-trend with bath spa technology, two must-haves are hydrotherapy and chromotherapy.

Hydrotherapy tubs include three key components: heat, buoyancy, and massage. Heat speeds up the removal of lactic acid from sore muscles. Muscles heated in warm bath water are less fatigued and recover faster. Buoyancy is an upward force exerted by a liquid, gas or other fluid that opposes the weight of an immersed object. Buoyancy in your tub relieves pressure on the body, tissues and muscles. Massage is the manipulation of superficial and deeper layers of muscle and connective tissue to enhance function, aid in the healing process and promote overall relaxation and well-being.

According to Jacuzzi, a long-time industry leader, hydrotherapy can be used to treat stress in the mind and body, specifically treating ailments like arthritis, restless leg syndrome and insomnia, not to mention daily stress. Several options offering hydrotherapy are available to