

## Invest in Yourself

Serenity Spa at Bay Point can help you escape the anxiety of today's market and invest in something more important in life than money... Yourself. It's no longer a guilty pleasure to pamper yourself at a spa. To "Spa" is now a key element for a healthy, daily regimen. Serenity Spa offers services that have many physiological and psychological affects on the human body and do more than just make you feel good. Massage alone presents the following benefits:

- Increase **joint flexibility**.
- Lessen **depression and anxiety**.
- Promote tissue regeneration, reducing **scar tissue and stretch marks**.
- Pump oxygen into tissues and vital organs, improving **circulation**.
- Reduce **post surgery adhesions and swelling**.
- Reduce **spasms and cramping**.
- Relax and soften injured, tired, and **overused muscles**.
- Release endorphins—amino acids that work as the body's natural painkiller.

Less pain, depression and anxiety, present a happier lifestyle and well-being. A healthier, happier person is able to maintain better balanced relationships at home and is also more productive at work. If you're wondering what to buy your spouse or looking for that perfect Christmas or birthday present, a gift certificate to the Spa is an all around winner!

In addition to the many spa services available, Serenity Spa also remains true to its name as a **full service spa, salon, and fitness center**. A state-of-the-art fitness facility is available to all of its guests. With personal media stations at each cardio machine, and a beautiful panoramic view of the Reflections pool, which is also available for Serenity's guests to use, your workout is sure to be nothing less than pleasing. Fitness is no longer something that people look to as just a hobby; it is an essential part of a healthy lifestyle. Studies have shown that a daily exercise regimen can increase longevity and drastically decrease health problems and disease.

"If we, as a population, walked briskly 30 minutes a day, healthcare as we know it would change drastically in the United States," said physical therapist Steven Tepper, PT, PhD, a professor of physical therapy at, among others, the University of Maryland and the University of Delaware.

Why not make Serenity Spa at Bay Point your one stop shop for a happier, healthier, new you? For more information and to speak to one of our professionals, visit our website at <http://www.marriottbaypoint.com/serenity/> or call us directly at 850-236-6028.