

stimulating problem areas

After careful thought about what you want from your spa, we have created our **fluidfitness** range, with your body in mind. Our collection of hydro systems have been thoughtfully developed to care for your body.

reduce cellulite - hydro massage jets, positioned along the length of your legs, increase blood flow and stimulate problem areas of the thighs, buttocks and legs to improve circulation and reduce the appearance of cellulite.

sit&sculpt - relax into a hydrojet powered lounger, designed to work all areas of your body, and let Sapphire Spas do all the hard work for you.

faster results - exercising in water has added benefits to land-based activity. Your muscles are challenged from all directions by the surrounding water as you swim, jog, walk, run, tone and stretch. Massage jets will stimulate to multiply the benefits of exercise.

toning - train your inner core at the same time as every other muscle group. Combine a low to high intensity ab workout with an total body resistance session, without ever leaving your swim spa fluidfitness station.

no more weight loss diets - no you can't eat takeaway every night if you are trying to loss a few kilos, but we've put the fun back into exercise, leaving no excuse to getting your body moving. You don't have to live on celery sticks, just eat healthy food and burn those calories even whilst you are cooling down in the lounger.

pump it up! - not your muscles this time - the music! **iPodfluiddock** underwater surround sound will energise your workout. Convenient waterproof spaside control means you don't even need to dry off.

