

body *Healthy ways to treat yourself*

Home spas »

Home spa maker BainUltra calls its product "revolutionary." We call it bliss. Different from traditional jet air baths, BainUltra's ThermoMasseur delivers air and heat in three phases: stress relief, muscle and joint relaxation, and toning therapeutic massage.

The top-of-the-line Ayoura model, with more than 60 air jets, offers a choice of six chromatherapy color options. An optional massage table can be placed right on top of the bath. The Temazkal shower features luminotherapy, thermotherapy and aromatherapy. For smaller bathrooms, there's the Mini Cella, which comes in two styles: drop-in or freestanding claw-foot. www.bainultra.com

If you seek a spa option that you can customize and upgrade over time, Bullfrog Spas has interchangeable JetPaks that fit their tubs. Depending on the type of massage you want, JetPak seats come in 15 massage techniques, from Hurricane Shower to shiatsu to the new NeckBlaster. www.bullfrogspas.com



BainUltra's ThermoMasseur Ayoura



Bullfrog Spas



BainUltra's ThermoMasseur Temazkal shower

Heavenly pain relief »

Always wanted to be an astronaut? This might be the closest you'll ever get here on earth. The Game Ready Accelerated Recovery System uses NASA technology to apply cold and compression to injuries via a control unit and patented wraps. More than 60 pro teams, 70 universities and 200 professional football, basketball, baseball and hockey players soothe their aching muscles with Game Ready. www.gameready.com.



Fitness on the road

Two new books make it easier to eat well and exercise while you travel.

Healthy Highways: The Traveler's Guide to Healthy Eating (Ceres Press, 2004, \$18.95) lists 1,900 healthy eateries and natural foods stores throughout the U.S., plus directions, travel tips, dining advice and other resources. Authors Nikki and David Goldbeck have been cranking out healthful diet tips and cookbooks for more than 30 years.

The Athletic-Minded Traveler: Where to Work Out and Stay When Fitness Is a Priority (SoCal Publishing, 2004, \$18.95) was born out of frustration. The authors, elite athletes who travel often, found that the advertised fitness facilities at hotels are often woefully inadequate. They toured more than 1,000 travel destinations to find the best hotel/fitness-venue combinations. The book also has tips for sticking to weight goals, finding good running routes and making fitness a priority on the road.

Measured steps »

Omron Healthcare has come out with a new pedometer aimed at more active walkers and runners. The HJ-112 calculates the number and duration of aerobic steps—those numbering more than 60 a minute for 10 minutes of continuous strides. It will even calculate from inside a pocket or bag. The pedometer measures calories burned and distance covered, and users can monitor progress by reviewing data stored from the last seven days. *Consumer Reports* ranks it first for accuracy and performance. www.omronhealthcare.com

