

Bath Spa

We have a bath spa that we bought from Tesco's when it was on offer, but the normal cost is around £50.00 (Woolworths also do them for around £50.00).

I try to use it for 15 minutes each morning just after I get up and have found it to be beneficial in loosening up my muscles. It may only give relief for an hour or two, but as you know every little bit of relief helps. The mat fixes to the bottom of the bath using suction pads. A pipe runs from the air unit into the mat and you can have it on three different speeds. I normally use it on high for 5 minutes and then reduce to medium or low for the rest of the time.

Elaine