

In appreciation to our customers and friends, we would like you to take a break with us and read our interesting and informative Home & Family Newsletter. This newsletter will be sent to you periodically. We promise not to overload you with messages. Nor will we sell, trade or give your information to any other organizations as we respect your privacy.

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# VAILES

HOME IMPROVEMENT SERVICES

## Home Family NEWS

"News You Can Use Around Your House"

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ISSUE 139



If you're thinking of remodeling your bathroom to create an in-home spa, don't be afraid to express your individuality and sense of style. You don't need to be too concerned with current bathroom design or decorating trends. Create a space that will help you escape the stresses of today's fast pace: a place to relax and recharge your spirit. Bathroom spa makeovers are a good investment that can add to the value of your home. The bathroom retains its functionality, while you add a whole new dimension of relaxation with just a few changes.

Bathroom spa makeovers generally start with a jetted tub. There are as many sizes and options available as there are personal preferences—one-person and two-person tubs, built-in neck support—the features are endless. Almost every feature can be adjusted by the user. You can bring pulsing water jet hydrotherapy directly to sore, aching muscles, or get a gentle caress with the millions of bubbles provided by an air bath. Some models include a heated liner that adds another source of relaxing warmth, while others contain adjustable underwater lighting systems that allow you to change the color and level of light to accompany your mood.



If you don't have time for a full soak in a tub, relaxation options are even available for the shower. Steam showers have become quite popular in many bathroom spa makeovers. They can be equipped with multiple heads that direct steam or water spray at different levels and from multiple directions. A spray head mounted in the

ceiling directly above the shower stall can give you the feeling of standing outdoors in a gentle, relaxing rain shower. Bathroom spa fixtures come in all different sizes, configurations, and finishes to suit any taste.

Water is unquestionably the main focus in a bathroom spa, but many different amenities can be included in the spa design to increase that pampered feeling. If your remodeling project includes a new floor, you may want to think about installing a radiant heat system beneath the new surface to keep the floor warm on cold winter mornings. Warm towels can be provided by either a towel warming drawer installed within an existing vanity or from hot air pumped through a towel bar.

Bathroom lighting tends to be bright to allow the maximum light for grooming and makeup application. Adding softer, indirect light on a different circuit can permit the light to be dimmed to the desired level.

The addition of bathroom electronics has become popular as well. Have them professionally installed to eliminate their potential exposure to water, and you can easily add ambient sound, music, Internet connectivity, or television viewing to your relaxation experience.

With careful consideration, any bathroom can be transformed into a relaxing oasis. Check with your remodeling contractor to explore options for creating your in-home spa.

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### A Soldier's Request

American soldiers are deployed all over the world. Unless you know someone who is deployed, you may not know how to best show your support. You can help individual soldiers, especially those with no family here at home, by visiting **AnySoldier.com**. This site provides detailed information on how to send care packages to those serving abroad.

Military personnel (from all military branches) can make specific requests to meet their unit's needs. Items like books, DVDs, and magazines help alleviate boredom during downtime. Nonperishable snack foods like chips and beef jerky are popular requests, as are personal hygiene items.