

WELLNESS DELIVERED - MOBILE HOT TUBS & SAUNAS

Vibe & Thrive™

WINTER EDITION | JANUARY 2025

A quarterly wellness and lifestyle newsletter from
Simply Happy Hot Tubs & Saunas, designed to inspire
relaxation, rejuvenation, and the joy of everyday self-care.

www.simplyhappyuk.com

WOOD FIRED HOT TUBS

WOOD FIRED SAUNAS

THE SECRET TO HAPPINESS? IT'S SIMPLER THAN YOU THINK

It's simpler than you think—discover how
saunas, hot tubs, and heat therapy can
elevate your well-being.

WOOD FIRED HOT TUBS: THE ULTIMATE OUTDOOR ESCAPE

Escape. Unplug. Soak it in. Discover
the magic of wood fired hot tubs and
effortless relaxation inside!

A
sauna is the
everything and
nothing. The true form
of minimalism... nowhere
on earth could a box with
an oven have a greater
impact.



THE SECRET TO HAPPINESS? IT'S SIMPLER THAN YOU THINK.

The happiest people in the world have a secret. And no, it's not just good coffee and cozy sweaters.

For six years running, Finland has been ranked the happiest country on earth. Their secret? A life connected to nature, a focus on well-being, and—of course—saunas.

At Simply Happy, we believe happiness isn't about extravagance. It's about balance, connection, and taking time to recharge. That's why a sauna or hot tub isn't just a luxury—it's a simple way to unplug, reset, and prioritize your well-being.

Why Heat

Therapy Works

Regular sauna use has been linked to lower stress, better circulation, and deeper sleep. It's a moment to step away from the noise, breathe deeply, and let the warmth do its magic.

Bringing the

Finnish Mindset Home

You don't need to book a flight to Helsinki—your happy place is closer than you think. Whether you love an evening soak under the stars or a post-work sauna session, we've got the perfect setup to bring relaxation home.

Want the full story?

Read more at www.simplyhappyuk.com.



SAUNA ETIQUETTE:

Relax, Unwind & Enjoy

Stepping into a sauna for the first time? No worries! Saunas are all about relaxation, comfort, and feeling at ease—but if you're new to the experience, you might have a few questions.

When it comes to sauna etiquette, the key is respect and personal comfort. Some people prefer to enjoy the experience wrapped in a towel, while others embrace full relaxation. There's no right or wrong—just what feels best for you. Most saunas have their own house rules, so it's always good to check and go with the flow.

A Few Things to Keep in Mind:

1. Some saunas have separate sessions for men and women, while others allow mixed use or family-friendly time.
2. Respect personal space—everyone's there to unwind!
3. The biggest rule? Relax and enjoy the moment.

A sauna is a judgment-free, feel-good zone. Whether you're in a towel or fully embracing the experience, the goal is simple: let the warmth melt away stress and leave you refreshed.

BREATHE EASY: Salt Therapy & Saunas

Salt therapy isn't just a trend—it's been used for centuries as a natural way to refresh, heal, and restore. From ancient times, people have soaked in salt water to soothe their skin and improve respiratory health. Today, many saunas infuse Himalayan salt for an extra boost of wellness.

Why Salt & Saunas Are a Perfect Pair:

1. When heated, salt releases negative ions, which help purify the air and make breathing easier.
2. The salty air reduces inflammation, supports healthy skin, and helps keep bacteria at bay.
3. It's a simple way to detox, de-stress, and boost your overall well-being.

Whether you're soaking up the warmth or just taking a deep breath, salt therapy in the sauna is a natural way to refresh from the inside out. So sit back, relax, and let the salty air do its magic.



An aerial photograph of a wooden hot tub with a light blue interior, situated in a lush green garden. A small wooden planter box with green plants is visible to the left of the tub.

WHY A WOOD FIRED HOT TUB IS MORE THAN JUST RELAXATION

A wood fired hot tub isn't just about soaking—it's about well-being, restoration, and balance. Whether you're easing sore muscles, melting away stress, or simply enjoying a moment of peace, this natural retreat brings powerful health benefits to your daily life. Here are three of the best reasons to step in and let the warmth do its magic.

1

STRESS & SLEEP RESET

The combination of heat, buoyancy, and deep relaxation helps lower stress hormones, ease anxiety, and promote better sleep. A soak before bed can help you unwind, improve circulation, and signal your body to rest, leading to deeper, more restorative sleep.

2

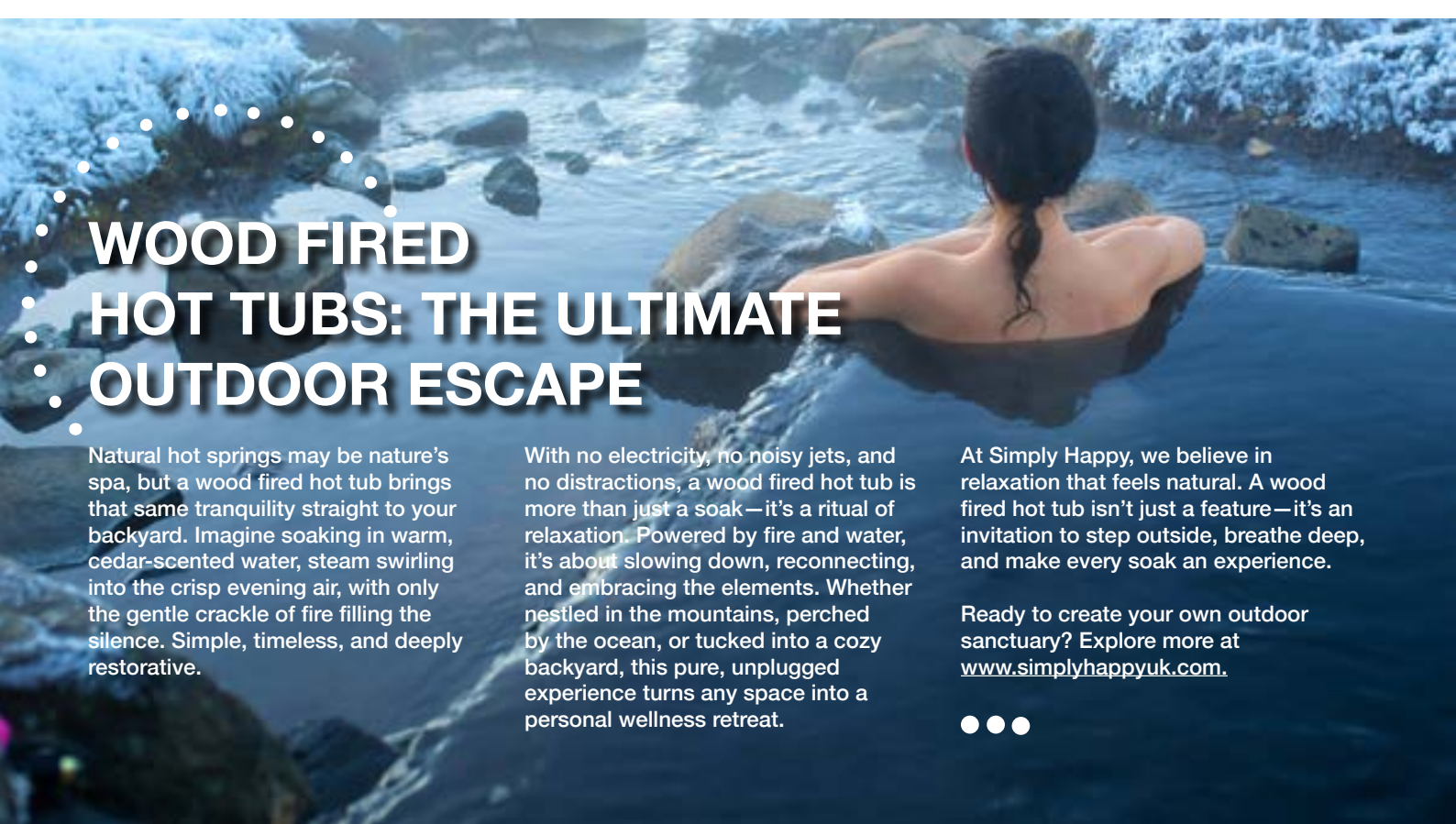
SOOTHE ACHES, JOINTS & MUSCLES

Whether you're dealing with post-workout soreness, arthritis, or everyday stiffness, warm water therapy loosens tense muscles, reduces joint pain, and improves flexibility. The gentle pressure of the water also supports the body, relieving strain on aching joints.

3

QUALITY TIME & MENTAL WELL-BEING

A wood fired hot tub isn't just good for the body—it's good for the soul. It provides a screen-free space to reconnect with family and friends while also offering a peaceful moment for self-care and mindfulness. The warmth, the fire, and the natural setting help clear your mind and lift your mood.

A photograph of a person with dark hair tied back, seen from behind, relaxing in a hot tub. The tub is set in a natural outdoor environment with rocks and water visible in the background.

WOOD FIRED HOT TUBS: THE ULTIMATE OUTDOOR ESCAPE

Natural hot springs may be nature's spa, but a wood fired hot tub brings that same tranquility straight to your backyard. Imagine soaking in warm, cedar-scented water, steam swirling into the crisp evening air, with only the gentle crackle of fire filling the silence. Simple, timeless, and deeply restorative.

With no electricity, no noisy jets, and no distractions, a wood fired hot tub is more than just a soak—it's a ritual of relaxation. Powered by fire and water, it's about slowing down, reconnecting, and embracing the elements. Whether nestled in the mountains, perched by the ocean, or tucked into a cozy backyard, this pure, unplugged experience turns any space into a personal wellness retreat.

At Simply Happy, we believe in relaxation that feels natural. A wood fired hot tub isn't just a feature—it's an invitation to step outside, breathe deep, and make every soak an experience.

Ready to create your own outdoor sanctuary? Explore more at www.simplyhappyuk.com.



ESCAPE

SIMPLY HAPPY IS YOUR GO-TO MOBILE HOT TUB AND SAUNA RENTAL SERVICE, BRINGING WELLNESS EXPERIENCES ACROSS THE UK, RIGHT TO YOUR PREFERRED SETTING.

- Spring Into Relaxation -

ALL RENTALS 40% Off

It's time to thaw out, unwind, and indulge!
For a limited time only, all hot tub and sauna rentals are 40% off.

No promo codes. No hassle. Prices on our website are already discounted! Just book, soak, and enjoy.

Offer ends March 31st, 2025.

BOOK NOW



Vibe & Thrive

Vibe & Thrive™ is a quarterly wellness and lifestyle newsletter from Simply Happy Hot Tubs & Saunas, designed to inspire relaxation, rejuvenation, and the joy of everyday self-care.

All rights reserved. This publication, including all content and images, is the property of Simply Happy Hot Tubs & Saunas and may not be reproduced, distributed, or used without permission.



07845 289 466 // uksimplyhappy@gmail.com
www.simplyhappyuk.com

**SUBSCRIBE TO OUR
VIBE & THRIVE NEWSLETTER
AND GET A FREE GIFT!**

Subscribe now and unwrap
your moment of relaxation!

JOIN NOW