

Promoting Health through Hydrotherapy

Alvin Wernimont has worked in the world of pools and spas most of his adult life. In 2000 he felt the time was right to put that experience to the test and start his own business, Alvin's Pool and Spa. He has since passed the test with flying colors.

Keeping his company small, Alvin is able to provide personal service to each of his customers. His 36 years of experience ensures that he is very knowledgeable about pools and spas and the products used to operate and maintain them. Due to the variety of his work experience, he is familiar with not only the line of products he carries but many others as well, allowing him to service everyone better.

Research has shown that spas, pools, and saunas offer many health benefits beyond the obvious ones of exercise and relaxation. Hydrotherapy helps to burn up calories, relieves muscle tension, and improves arm, leg, and back injuries. Even our dogs, especially large breeds, can benefit from time in a pool. They are prone to knee and hip problems. Being in the water can relieve the pressure on them and provide some healing.

In addition, warm water speeds up our body's natural healing process and helps us to sleep better. It is even thought to help with diabetes. Knowing all of the health benefits of hydrotherapy, it is time to think about getting a pool, spa, or sauna at your own house or place of business.

Alvin's Pool and Spa, located at 3414 Pennsylvania Avenue, Dubuque, sells spas, pools, and saunas, and all the accessories that go with them. Chemicals, heaters, pumps, filters, just about everything that is needed or wanted for a pool or spa can be purchased at Alvin's. Everything he sells, Alvin also services.

He services homeowners, municipalities, hotels and motels, and country clubs. Alvin also takes care of Albrecht Acres' pool needs. Over the eight years he has been in business, many of Alvin's clients have become repeat customers.

Luke Setter, Dubuque, is quite happy with Alvin's work. "I like Alvin's service and personality...he does not fix or sell anything that you don't need," he said.

Alvin's honesty is the hallmark of his business. He stands behind his products and saves people money whenever possible. Even if a pool, spa, or sauna was purchased through a different dealer, Alvin is still willing to help. He will do his best to solve a



Alvin Wernimont, "The Pool Guy"

customer's problems, and if he can't, he will find someone else who can.

Alvin's Pool and Spa carries only quality products: Trevi pools, QCA spas, and TheraSauna-brand saunas. They all promote health and exercise, but TheraSauna is geared specifically to provide maximum health benefits. It is a sauna using dry infrared heat, not the rocks and water you think of with traditional saunas. The infrared heat penetrates your skin one and a half times deeper than hot-air saunas, breaking up the water molecules in your body and releasing toxins. It is a great way to ease the muscle pain and fatigue caused through strenuous exercise by eliminating the lactic acid build-up in muscles. Combined with diet and nutritional programs, TheraSauna treatments can

improve, restore, and rejuvenate the user's health, even those suffering from such ailments as fibromyalgia, constipation, sinus problems, chronic headaches, and arthritis.

Alvin plans to keep serving the Tri-states with all their pool, spa, and sauna needs. He wants to help people experience the joy and health benefits of hydrotherapy. Alvin's Pool and Spa is open Monday through Friday, 9:00 a.m. to 5:00 p.m., and Saturday 9:00 a.m. to noon. Stop in to browse through the showroom or discuss your needs. You can also phone 563-584-1770.



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