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**Sent:** Monday, March 18, 2024 6:46:24 PM  
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**Subject:** Letter in support of Big Towel Spa

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Hudson, NY, 12534  
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3/18/2024

Hudson Common Council  
City Hall  
520 Warren Street  
Hudson, NY 12534

Dear Members of the Hudson Common Council,

I am writing to express my strong endorsement for the proposal of Big Towel Spa, a mobile sauna pop-up, to set up at Henry Waterfront Park for the months of April and May 2024, and subsequently return to Oakdale Lake Park for September 2024. This initiative will bring many benefits to our community, ranging from health and wellness, to social engagement, and community activation.

First and foremost, the presence of Big Towel Spa's mobile sauna at our parks offers immense health benefits for individuals of all ages. Sauna therapy has been proven to promote relaxation, reduce stress, improve cardiovascular health, and detoxify the body. With increasing awareness of the importance of holistic wellness practices, having access to affordable sauna sessions will undoubtedly contribute to the overall well-being of our community members.

Furthermore, hosting Big Towel Spa at Henry Waterfront Park and Oakdale Lake Park will help activate these spaces, making them more vibrant and inviting to residents and visitors alike. By providing a unique and enjoyable experience, we have the opportunity to attract individuals from surrounding areas, thereby boosting foot traffic and supporting local businesses.

One of the most commendable aspects of Big Towel Spa's proposal is its commitment to offering affordable sauna sessions. Accessibility to wellness amenities should not be limited by financial constraints, and by ensuring reasonable pricing, Big Towel Spa is making sauna therapy accessible to a broader demographic, including families and individuals on a budget.

Beyond the tangible benefits of health and economic stimulation, the presence of Big Towel Spa's mobile sauna fosters community cohesion and social interaction. Parks serve as gathering places where people from diverse backgrounds come together to relax, exercise, and connect with nature. By introducing a communal space for rejuvenation and relaxation, we are creating opportunities for meaningful interactions and strengthening the fabric of our community.

In conclusion, I urge the Hudson Common Council to support the proposal of Big Towel Spa to bring its mobile sauna pop-up to Henry Waterfront Park for April and May 2024, followed by a return to Oakdale Lake Park for September 2024. This initiative aligns with our city's goals of promoting health and wellness, activating public spaces, and fostering community engagement. By embracing this opportunity, we can enhance the quality of life for residents and visitors alike while breathing new life into our beloved parks.

Thank you for considering this endorsement. I look forward to witnessing the positive impact that Big Towel Spa will undoubtedly have on our community.

Sincerely,

Cordelia Alquist