

# Exploring the “Blue Health Phenomenon”

*Lake Las Vegas provides a less frantic lifestyle in a more relaxed and less congested setting.*

HENDERSON, NEVADA (30 minutes from the Las Vegas Strip): Throughout history, healers around the world have recognized the therapeutic effects of water. The Greeks sought natural springs and baths to restore the mind and body, while the Japanese practiced misogi, an ancient water-cleansing ritual that persists today.

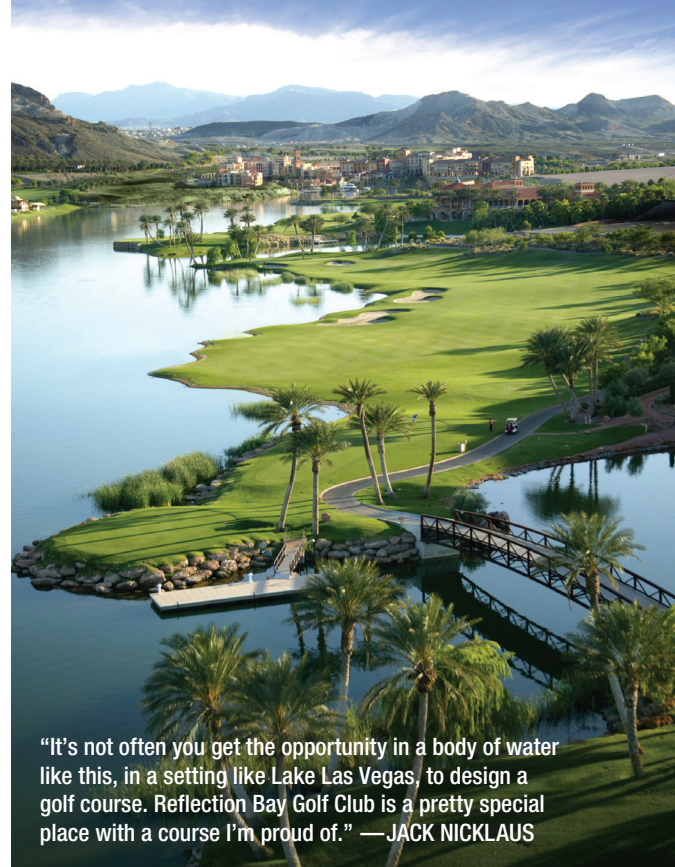
Modern scientific research reinforces that your heart rate and blood pressure are lower with less cortisol (the stress hormone) and more dopamine (the feel-good hormones) released when you spend time around water.

“That’s why we are so excited with several of our new lakefront neighborhoods,” grinned Eric Dutt, director of operations at Lake Las Vegas. “We offer the best of both worlds with access around the largest manmade lake in Nevada that holds roughly three billion gallons of water and a Jack Nicklaus Signature golf course, all within a mere 30-minute drive from the Las Vegas Strip.”

## *A RARITY IN THE DESERT*

Few clubs in the Desert Southwest offer a 2½ mile freshwater lake in a private setting. “Our newest partnership is with Electra-Craft and their fleet of electric boats,” continued Dutt. “Our first marina [with 36 slips] opened during the summer. With their expertise, enjoy the ultimate option in recreational boating. If you have ever launched a boat at Lake Mead or Lake Powell, you will appreciate our stress-free process in spades. As a resident and member of our Cove Club, a concierge will have the boat awaiting your arrival. Simply show up with your picnic basket and charcuterie board, and off you go.” ■

*For information, please visit [www.LakeLasVegas.com](http://www.LakeLasVegas.com).*



“It’s not often you get the opportunity in a body of water like this, in a setting like Lake Las Vegas, to design a golf course. Reflection Bay Golf Club is a pretty special place with a course I’m proud of.” —JACK NICKLAUS



Lake Las Vegas is a Mediterranean-inspired master planned community set on a 320-acre lake.

**DID YOU KNOW?** The Environmental Protection Agency (EPA) reports an outboard motor emits nearly 70 times more pollution than a typical family car. ElectraCraft boats are a sustainable, green alternative with an electric propulsion system that is smooth, quiet, and reliable.



Practice facility at Lake Las Vegas.