SUDDEN BENEFITS OF OWNING A HOT TUB

Unplug & Engage
Cut out distractions and connect with the people in your life.

Increase Overall Wellness
The pressure and force of the jet massage can help:

- Increase circulation
- Decrease anxiety and stress
- Facilitate better range of motion

Reach an Ideal State
Bathing helps you relax and enjoy more meaningful conversations in a comfortable, stress-free setting.

Connect with Each Other and Your Surroundings
Both indoor and nature settings sharing the experience with family.

Wellness
- Help multiple levels of body healing and relief.
- Improve your workout
- Benefit to overall health and life expectancy

Pain Reduction
- Reduce back pain
- Pain science research indicates warm water therapy can:
  - Stimulate your heart
  - Increase exercise efficiency

Sources
- Johnston UNC Health Care
- http://www.sportsmd.com/SportsMD_Articles/id/366.aspx#sthash.UVhGUOSk.dpbs
- http://johnstonhealth.org/2012/03/5-tips-to-improve-blood-circulation/
- http://unh.edu/health-services/ohep/practices/hydrotherapy

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Sleep Through the Night
A medical study from the New York Hospital-Cornell Medical Center found that a hot tub dip before bed raises your body's core temperature. After you emerge, your temperature drops, sending your body a signal that it's time to sleep.

FAMILY TIME

- Family Time
- Increase exercise effectiveness and improve range of motion.
- Benefit to overall health and life expectancy

PAIN REDUCTION

Joint Pain Relief
Reduce Back Pain
- Pain science research indicates warm water therapy can:
  - Stimulate your heart
  - Increase exercise efficiency

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