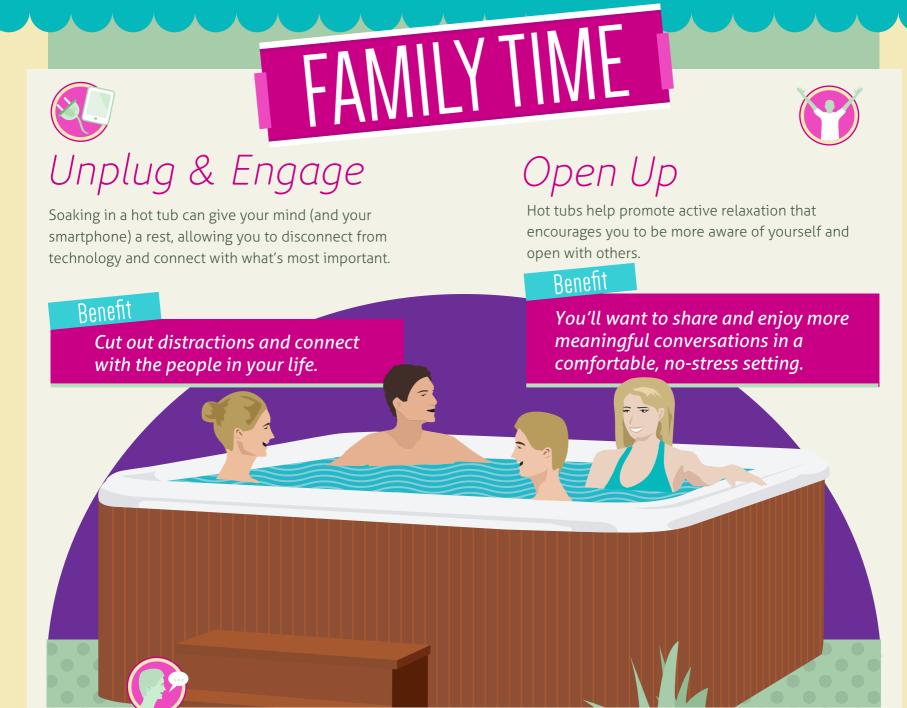


SURPRISING BENEFITS OF OWNING A HOT TUB

After a long day at work, few things are more relaxing than a soak in a hot tub. Once the stresses of the day have faded, you may find that more than just your nerves have taken a turn for the better.



Connect with Each Other and Your Surroundings

lets your mind wander and connect with the environment around you.

Soaking keeps your body contained but

Bask in the beauty of nature while sharing the experience with family.





Increase circulation*

Decrease anxiety and stress

Facilitate better range of motion



womb, evoking a primal, familiar state of mind. Benefit

Relax and find balance.



Benefit

Help multiple levels of body

healing and relief.

According to SportsMD, a hot water soak can promote flexibility in muscles, allowing for better stretching

Renetit Increase exercise

effectiveness and improve range of motion.



Stimulate your heart

and reduce stress in just

Benefit

10 minutes.

Help Your Heart

immersion may contribute to reducing the effects of cardiovascular risk factors.



Sleep Through the Night A medical study from the New York Hospital-Cornell Medical Center found that a 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. Renefit

Fall asleep more easily.



PAIN REDUCTION:

Joint Pain Relief Pain science research indicates warm water therapy can:

Help ease painful joints

Reduce inflammation in joints Restore and preserve strength and

flexibility of joints (if done regularly)

Reduce Back Pain According to the European Journal of Applied Physiology and Spine-Health.com,

relaxing in a hot tub can: LBS Promote the Take the



your joints Suppress pain messages



sent to the brain

Benefit

Help improve your joints' lifespan.

Benefit

Relieve stress and minimize discomfort.



Sources

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