

Hot Tub Benefits

Naturally reduces harmful effects of **STRESS**

Reduces Stress-
Sound and motion of swirling water assists relaxation and reduces anxiety.

1

Mental Benefits

A



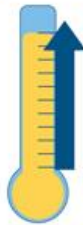
One study showed that people suffering from type 2 diabetes reduced blood sugar levels with 15-30 minutes per day in a hot tub.

1

Steam can help open breathing passages in sinuses and lungs to aid respiratory health

Enhances Sleep-
Increased body temperature helps you fall asleep faster.

2



Physical Benefits

B

2

Hot tubs and spas can aid in cardiovascular health by increasing heart rate but lowering blood pressure.

Relieves Headaches-
Vascular dilation combined with warming effects can relieve the pain associated with tension headaches.

3

Financial Benefits

C

1

If health professionals advise you to use hydrotherapy as a regular program, and this is your primary reason for owning a hot tub, your purchase may qualify for an income tax deduction as a medical expense



3

Water buoyancy and temperature can relieve arthritis, aches and stiffness. Water buoyancy relaxes muscles, while water temperature decreases tension and improves flexibility

80%
of Americans suffer from chronic back or knee pain

About Warm Water Therapies:

The soothing warmth & buoyancy of the water makes it a safe, ideal environment for relieving arthritis pain and stiffness. Using a spa adds another component to the therapy.

-Arthritis Foundation

If you are pregnant or have any other health issues always consult your physician before using a hot tub.

Sources:

- <http://www.hotubliving.com/health.aspx>
- <http://www.sleepfoundation.org/article/sleep-topics/healthy-sleep-tips>
- <http://www.nejm.org/doi/full/10.1056/NEJM199909163411216>
- <http://improveyourlife.com/100/hot-tub-benefits/mayo-clinic-oks-spas-for-heart-patients.html>