

# 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.

Time spent daily in your hot tub can also enhance relationships, contribute to your overall wellness, and even reduce body aches and pains.

## FAMILY TIME



### Unplug & Engage

Soaking in a hot tub can give your mind (and your smartphone) a rest, allowing you to disconnect from technology and connect with what's most important.

#### Benefit

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

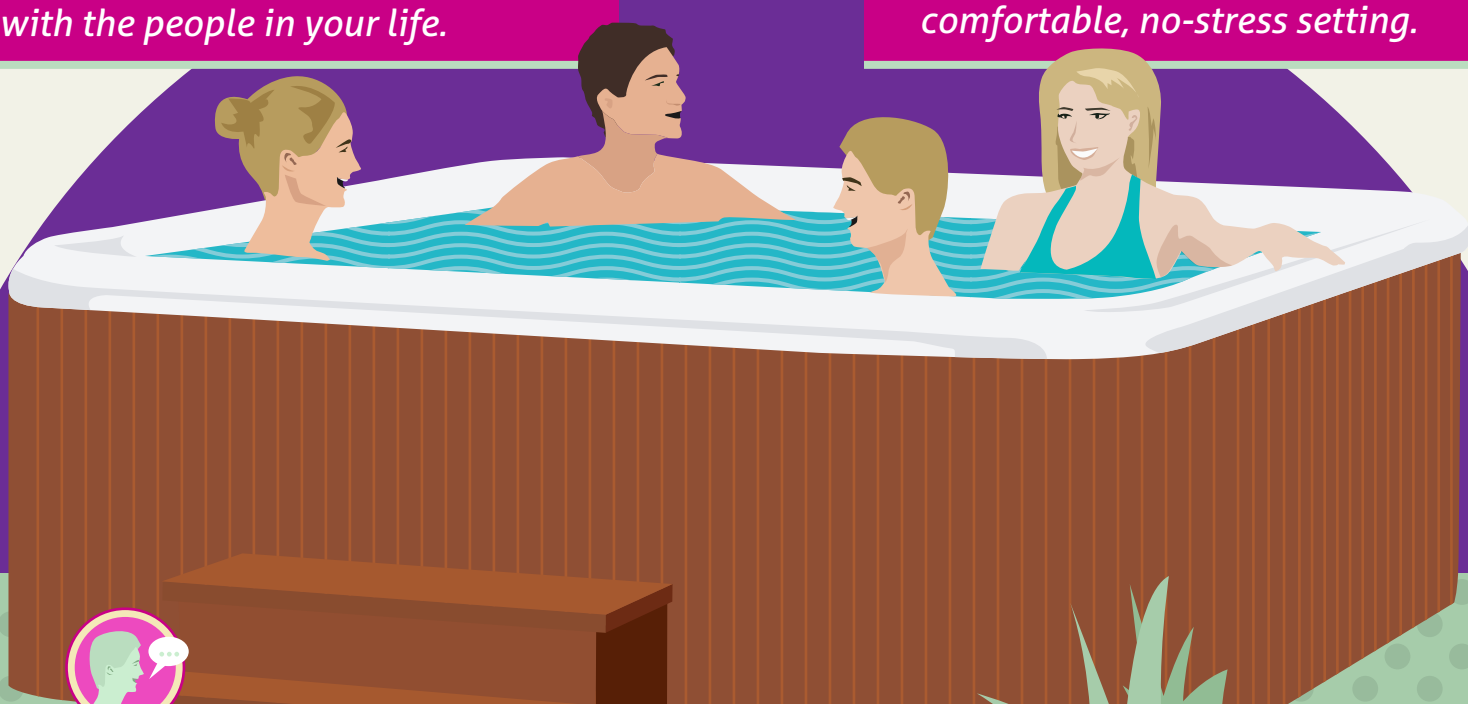


### Open Up

Hot tubs help promote active relaxation that encourages you to be more aware of yourself and open with others.

#### Benefit

You'll want to share and enjoy more meaningful conversations in a comfortable, no-stress setting.



### Connect with Each Other and Your Surroundings

Soaking keeps your body contained but lets your mind wander and connect with the environment around you.

#### Benefit

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

## WELLNESS



### Increase Overall Wellness

The pressure and force of the jet massage can help:



Increase circulation\*



Decrease anxiety and stress



Facilitate better range of motion

\*Source: Johnston UNC Health Care

#### Benefit

Help multiple levels of body healing and relief.



### Reach an Ideal State

Soaking in a hot tub reminds your body of being in the womb, evoking a primal, familiar state of mind.

#### Benefit

Relax and find balance.



### Improve Your Workout

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

#### Benefit

Increase exercise effectiveness and improve range of motion.



### Help Your Heart

Bouyancy and warm water immersion may contribute to reducing the effects of cardiovascular risk factors.

#### Benefit

Stimulate your heart and reduce stress in just 10 minutes.



### 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.

#### Benefit

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)

#### Benefit

Help improve your joints' lifespan.



### Reduce Back Pain

According to the European Journal of Applied Physiology and Spine-Health.com, relaxing in a hot tub can:



Take the weight off your joints



Promote the release of endorphins



Suppress pain messages sent to the brain

#### Benefit

Relieve stress and minimize discomfort.

#### Sources

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