

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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