

# HYDROMASSAGE HEALTH BENEFITS



Owning your own spa enables you to enjoy all the therapeutic benefits of hydromassage in the privacy and comfort of your own home. It revitalizes, relaxes, and relieves in a unique and very satisfying way—often at the same time you’re experiencing it. Here’s a quick look at just some of the healthy benefits it has to offer.

## **For stress relief**

Hydromassage is a great way to reduce the effects of stress. The combination of buoyancy, warm water, and pressure jets exerts a positive effect on the body’s parasympathetic nervous system. Circulation improves and tight muscles throughout the body loosen and relax.

## **For soothing aches and pains**

Soaking in a spa can ease or improve a wide variety of medical conditions, injuries, and health problems. For people with arthritis and conditions that limit range of motion, hydromassage helps loosen joints and keep them more mobile.

Those with pain from chronic conditions or injuries find the warm water soothing and feel relief from aches, strains, and muscle soreness. Hydromassage also causes the body to increase the release of endorphins into the nervous system. Endorphins are neurotransmitters produced in the brain that reduce pain and contribute to a feeling of wellbeing.

## **For improving skin tone**

Elements of our environment—including the sun, pollution, and less-than-optimal nutritional intake—show up on our faces, usually in the form of dryness, wrinkles, and uneven skin tone. In the spa, the heat of the water opens and cleanses the pores, while the hydromassage stimulates the circulation, enlarges the capillaries, and speeds up the removal of harmful toxins from the body. The overall effect is skin that looks and feels refreshed and reinvigorated.

## **For strength and fitness**

The physical properties of water make a spa the perfect environment in which to exercise. The flotation effect helps to counter balance gravity to a limited degree, supporting your body weight, and improving balance. Stretching and flexing against the gentle resistance of the water helps build strength with less risk of injury, while helping maintain healthy heart and lung function.

## **For simple relaxation**

In a spa, the lack of distraction, peaceful surroundings, and opportunity to engage in quiet conversation promote relaxation and pleasure. It’s also an ideal place to prepare your body for a healthy, peaceful night’s sleep. Along with muscle relaxation, hydromassage settles your heart rate, lowers your blood pressure, and helps your breathing become more rhythmic.