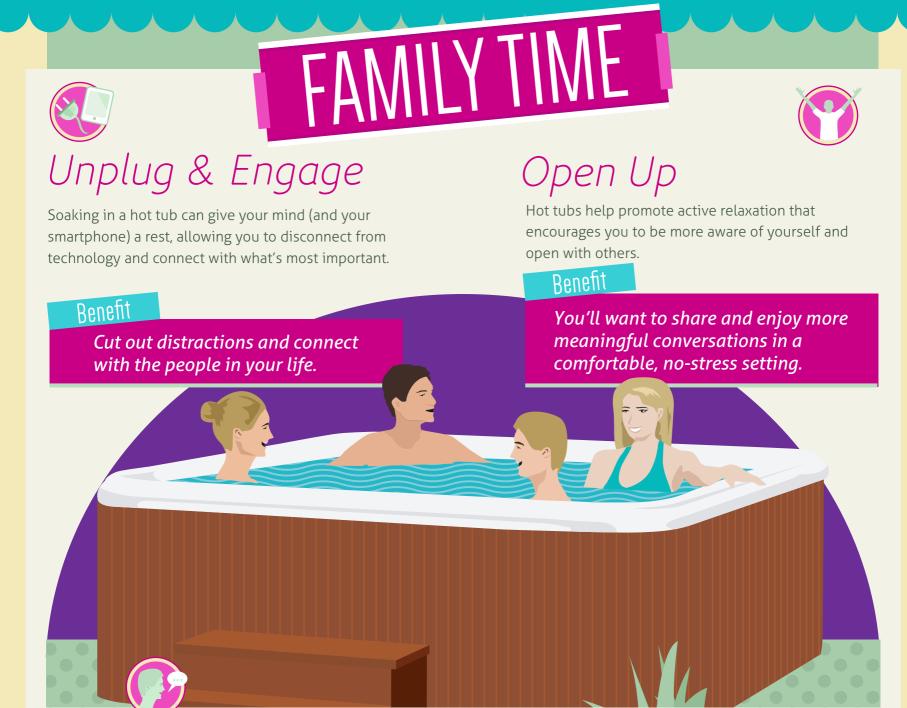


SURPRISING BENEFITS OF OWNING A HOT TUB

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

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.



Benefit

healing and relief.

Help multiple levels of body



Renetit

range of motion.

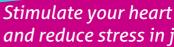


Help Your Heart

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

Increase exercise

effectiveness and improve Sleep Through the Night



Benefit

and reduce stress in just 10 minutes.



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.



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

Promote the

release of endorphins

Benefit

Benefit

Help improve your joints' lifespan.

Relieve stress and minimize discomfort.

sent to the brain



http://www.health.com/health/condition-article/0,,20189095,00.html

Sources

http://www.sportsmd.com/SportsMD_Articles/id/366.aspx#sthash.UVhGUOSk.dpbs http://johnstonhealth.org/2012/03/5-tips-to-improve-blood-circulation/

http://unh.edu/health-services/ohep/practices/hydrotherapy http://www.webmd.com/balance/stress-management/tc/hydrotherapy-topic-overview

http://www.spine-health.com/blog/6-overlooked-remedies-lower-back-pain-relief