

# Hot Tub Health Benefits Guide

## 5 Ways Hydrotherapy Can Improve Your Health!

The therapeutic benefits that spa owners enjoy are vast. From physical to emotional stress relief and alleviating muscle pain to relief for arthritis, a hot tub can bring your health into focus. While you should always consult a medical professional before beginning any new health regimen, hydrotherapy may be just what the doctor ordered!

### 1- Kick Stress to the Curb

America's leading health problem... stress. It has been estimated that 75 – 90% of all visits to primary care physicians are for stress related problems. (Paul J. Rosch, M.D., F.A.C.P., 1991) Job stress is far and away the leading source of stress for adults, but stress levels have also escalated in children, teenagers, college students and the elderly. (America's #1 health Problem)



Everyone has stress and we are all challenged to manage it. A recent study by the American Psychological Association reveals 61% of adults say that managing stress is extremely or very important, but only 35% say they are doing an excellent or very good job at it. This is troublesome because research also shows stress is the leading cause of many other health related issues. (Stress Report, 2012)

In fact, there are numerous emotional and physical disorders which have been linked to stress including depression, anxiety, heart attacks, stroke, hypertension, immune system disturbances, as well as autoimmune diseases like Rheumatoid **Arthritis** and multiple sclerosis.

In addition, stress can have direct effects on the skin, the gastrointestinal system, and can contribute to **sleep disorders** and degenerative neurological disorders like Parkinson's disease. In fact, it's hard to think of any disease in which stress does not play an aggravating role.

Just as there are many factors which create stress, there are several options to help manage it. A hot tub can be a great stress reliever for your mind, body and spirit. It's a place to escape the demands of the day and leave your phone behind! The warmth of the water and the pulsating jets provide a wonderful massage experience for **pain management**, soothing sore muscles, relieving tension, and providing the ultimate relaxation.

Some hot tubs offer special seating and jets targeted to penetrate specific muscle groups or an area that might need extra attention. They also might offer additional relaxation features including fountains, soothing music, and even aromatherapy.

A hot tub can be an excellent stress reducer and an overall great thing for your health. It's a place to unplug, relax and connect with your loved ones.

## 2 – Find Relief from Symptoms of Arthritis



Arthritis is a condition which affects more than 46 million U.S. adults -- a number that's expected to increase to 67 million adults by the year 2030. (Arthritis Health Center) There are over 100 different types of arthritis, but the Arthritis Foundation found that hot tubs can help alleviate the pain associated with several types: Osteoarthritis, Rheumatoid Arthritis and Fibromyalgia. They state the soothing warmth and buoyancy of warm water makes it a safe and ideal environment for relieving arthritis pain and stiffness. (Programs and Resources for Better Living)

A hot tub can help provide relief for a variety of medical conditions. It starts with the basics of hydrotherapy. When you immerse your body into the warm water, it raises your body temperature, causing your blood vessels to dilate and increases circulation. Once your body is warm, you can add movement, perhaps a gentle water exercise to limber stiff joints and muscles. The water supports joints to encourage free movement, and also acts as resistance to help build muscle strength.

In addition, jet nozzles release warm water and air, massaging your body which helps relax tight muscles. Hydrotherapy has also been said to help reduce the additional side effects which often occur with arthritis- depression and fatigue.

## 3- Get Some Sleep

We are a sleep deprived society. We work long hours, juggle multiple responsibilities and are always on the move. But if we're this busy, why can't we sleep?

It is estimated 50 to 70 million Americans chronically suffer from a disorder of sleep and wakefulness, hindering daily functioning and adversely affecting health and longevity. There are around 90 distinct sleep disorders; most are marked by one of these symptoms: excessive daytime



sleepiness, difficulty initiating or maintaining sleep; and abnormal events occurring during sleep. The cumulative long-term effects of sleep loss and sleep disorders have been associated with a wide range of health consequences including an increased risk of hypertension, diabetes, obesity, depression, heart attack, and stroke. (Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem)

There's nothing better than a good night's sleep, but so many of us can't get it naturally and have turned to sleeping aids for help. Many doctors recommend several alternatives to medicine, including setting a calming nightly routine.

An excellent alternative to sleeping pills is soaking in a hot tub. Hot water therapy induces the body's natural sleep mechanics. Just 20 minutes in a hot tub before bed each night helps to relieve stress and anxiety, thus making it easier to fall asleep. In addition, it induces a more restful sleep. Using aromatherapy in a spa may also heighten the stress relief and relaxation benefits.

## 4- Ease That Pain



Pain affects more Americans than diabetes, heart disease, and cancer combined. Pain is cited as the most common reason Americans access the health care system. It is a leading cause of disability and it is a major contributor to health care costs. (Pain Management)

According to the National Center for Health Statistics (2006), approximately 76.2 million, one in every four Americans, have suffered from pain that lasts longer than 24 hours and millions more suffer from acute pain. Chronic pain is the most common cause of long-term disability.

The diversity of pain conditions requires a diversity of treatment approaches. Whether you suffer from previous injuries, chronic joint or muscle pain, or the daily grind wears you down, soaking in a hot tub may provide the relief you are looking for.

Soaking in the soothing warm water can help relieve tense, sore muscles, headaches and chronic pain by improving circulation. Water exercise can be a great benefit for people who find weight bearing exercise difficult or painful on dry land. With hot tub jets, you can target specific muscles groups and focus your therapy.

## 5- Spend Quality Time with Loved Ones

We are a busy society and have become so distracted by computers, phones, and tablets. Finding time for yourself and your loved ones has become yet another challenge.

A hot tub can provide that escape where you can go alone for 20 minutes to be with your thoughts and escape from the noise of life. You can leave your devices in the house, look at the stars and relax. This is a great time to get some alone time with a loved one and catch up on the day. For families, it's a great way to connect and share- without the distractions of TV or phones.



If you find you are dealing with too much stress, fighting a daily battle with pain management, or just can't seem to find time for yourself or your loved ones, maybe it's time to try soaking in a hot tub!

### Bibliography

*America's #1 health Problem.* (n.d.). Retrieved from [www.stress.org/americas-1-health-problem](http://www.stress.org/americas-1-health-problem):  
<http://www.stress.org/americas-1-health-problem/>

*Arthritis Health Center.* (n.d.). Retrieved from Web MD: <http://www.webmd.com/arthritis/>.

*Pain Management.* (n.d.). Retrieved from U.S. Department of Health and Human Services:  
<http://report.nih.gov/nihfactsheets/ViewFactSheet.aspx?csid=57>

Paul J. Rosch, M.D., F.A.C.P. (1991, May). *Job Stress: America's Leading Adult Health Problem.* Retrieved from [www.stress.org](http://www.stress.org).

*Programs and Resources for Better Living.* (n.d.). Retrieved from [www.arthritis.org](http://www.arthritis.org):  
<http://www.arthritis.org/resources/community-programs/aquatics/>

*Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem.* (n.d.). Retrieved from National Center for Biotechnology Information: <http://www.ncbi.nlm.nih.gov/books/NBK19961/>

*Stress Report.* (2012). Retrieved from [www.apa.org](http://www.apa.org):  
<https://www.apa.org/news/press/releases/stress/2012/full-report.pdf>