

Hot Tubs and Health

With the purchase of one of the world's highest quality hot tubs, you haven't just bought a hot tub, you have made an investment in improving your health and your lifestyle. The healing ways of water are numerous and you benefit by slipping into a steamy and bubbling hot tub right at home. The magic of hydrotherapy helps the body with stress, sore muscles, sprains, injuries, arthritis and even Type 2 Diabetes. You will also discover that you will sleep better and have even greater family togetherness.

RELIEVE STRESS—Nowadays who doesn't have a hectic and stressful life, so why not unwind, relax and rejuvenate in your very own hot tub! Can you imagine a personal masseuse ready and waiting at your beckon call for a warm, deep tissue massage!

Your entire body is affected by stress both mentally and physically- muscle tension, sleeplessness, fatigue, soreness, headaches and anxiety are just a few of the affects. A spa is the perfect antidote to your hectic and stressful lifestyle, just slip into the warm water, turn on the radio and sprinkle in some aromatherapy crystals to take you far away!

EASE ARTHRITIS PAIN— A hot tub according to The Arthritis Foundation is the ideal environment for relieving arthritis pain, stiffness and increasing mobility, with the soothing warmth and buoyancy of warm water. The buoyancy of the water reduces body weight by 90%, lessening stress on the joints and muscles and encouraging freer movement in and out of the hot tub.

HEAL — Accelerates the body's natural healing process by dilating blood vessels thus increasing the flow of blood to damaged muscles and tissue. It also stimulates the release of endorphins, the body's natural pain killers to ease pain. The jets massage sore muscles and relieve tension. A soak in a hot tub can also lower blood pressure, but be sure to check with your doctor first.

SLEEP BETTER — Sleep researchers have discovered that immersion in hot water before bedtime leads to a deeper, more restful sleep. This is due in part to a temperature shift since the body's core internal thermostat drops after leaving the water, which signals the body that it's time to sleep. Sleeping better is also due to the hot water's relaxing properties, the warm and swirling water leaves you feeling mentally and emotionally relaxed. An added benefit of a hot tub-induced sleep is that it is an all natural remedy!

HELP FOR DIABETES—Relaxing in a hot tub helped improve blood sugar readings, sleep, and general well being in a group of patients with Type 2 diabetes. The study, reported in a letter to the *New England Journal of Medicine* (9/16/99), looked at eight 43- to 68-year-olds with diabetes. The men and women sat in a hot tub (100° to 106°) for 30 minutes a day, six days a week, for three weeks. The result: Blood sugar levels dropped, and patients slept and felt better overall. "The warmth increases blood flow to the muscles," says Dr. Hooper, "And we suspect that this process may simulate the beneficial effects of

exercise." Larger studies, though, are needed to assess whether this is a valid form of therapy. NOTE: For those with diabetes, always consult with your physician prior to beginning hot tub treatments.

QUALITY FAMILY TIME— A hot tub is the perfect family vacation everyday...year round! Beyond the numerous and wonderful benefits stated above of hydrotherapy you will find increased family togetherness. A hot tub provides the perfect place to spend quality time relaxing and chatting with your family. Everyone can benefit from a soak in a hot tub- young and old, imagine actually hanging out with your teenagers! You will also find that a hot tub is the perfect place to entertain friends.

Isn't it time to treat yourself and your family to a relaxing soak in a hot tub! Stop by today with your bathing suit for a FREE "test soak" to feel the power of water to calm fiery emotions, soothe the body and restore the spirit!