

# Hot Tub Benefits

Naturally  
reduces  
harmful  
effects of  
**STRESS**

**Reduces Stress-**  
Sound and motion  
of swirling water  
assists relaxation  
and reduces anxiety.

1

**Mental Benefits**

A



One study showed that people suffering from type 2 diabetes reduced blood sugar levels with 15-30 minutes per day in a hot tub.

1

Steam can help open breathing passages in sinuses and lungs to aid respiratory health

**Enhances Sleep-**  
Increased body temperature helps you fall asleep faster.

2



**Relieves Headaches-**  
Vascular dilation combined with warming effects can relieve the pain associated with tension headaches.

3

**Financial Benefits**

C

**Physical Benefits**

2

Hot tubs and spas can aid in cardiovascular health by increasing heart rate but lowering blood pressure.

**80%**  
of Americans  
suffer from chronic  
back or knee pain

3

Water buoyancy and temperature can relieve arthritis, aches and stiffness. Water buoyancy relaxes muscles, while water temperature decreases tension and improves flexibility

1

If health professionals advise you to use hydrotherapy as a regular program, and this is your primary reason for owning a hot tub, your purchase may qualify for an income tax deduction as a medical expense



**About Warm Water Therapies:**

The soothing warmth & buoyancy of the water makes it a safe, ideal environment for relieving arthritis pain and stiffness. Using a spa adds another component to the therapy.

-Arthritis Foundation

If you are pregnant or have any other health issues always consult your physician before using a hot tub.

Sources:

- <http://www.hotubliving.com/health.aspx>
- <http://www.sleepfoundation.org/articles/sleep-topics/healthy-sleep-tips>
- <http://www.najm.org/doi/full/10.1056/NEJM199909183411216>
- <http://ilimproveyourlife.com/100/hot-tub-benefits/mayo-clinic-oks-spas-for-heart-patients.html>