

# 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>