



BENEFITS OF OWNING A SPA  
HYDROTHERAPY



## Promotion of Healing

Hot water and Hydrotherapy using the hot tubs Jet action eases muscle pain, fatigue and soreness caused during exercise. This healing process through water enable the release of endorphins which are the body' natural pain killers.

The hot tub's hydrotherapy increases healing also by adding more oxygen flow to the blood, thus increasing levels of antibodies and white blood cells needed for new tissue building and toxin destruction

## Stress Relief

In our fast paced 21st century lifestyle, stress is a bigger factor than ever in ever. It has been in many studies that 30 minutes in a hot tub relieves high blood pressure, headaches and general pain due to stress.

## Family Fun

The hot tub is an ideal place to relax with family and friends to engage in conversation and catching up with events in an undisturbed environment.

Plus not to mention the fact that you will become very popular in the neighbourhood, with neighbours and friends very eager to take I dip in the tub!

## Therapy

A spa also has a healing benefit - apart from other things, it helps in the treatment of arthritis and rheumatic pain.

People suffering from painful joints are recommended to have a morning soak in a hot tub prior to commencing the daily activities. The buoyancy of water allows decrease in pressure on joints and muscles allowing the water heat to warm up joints and decrease swelling.

Positive effects of hydrotherapy over the health of the people suffering from type II diabetes have been recently discovered.

The regular use of spa can even help avoid problems with insomnia  
This has been proven through medical tests that sleep deepens as the body temperature falls.

As a result medical experts advise that anyone wanting to induce sleep, especially those being kept awake by pain – soak in water at around 39 C for an hour or so before bedtime.