

Invest in wellness with a Hot Tub

Provided by Year Round Pool

A high-quality hot tub can improve your life in ways you may not have considered before. Hot tubs bring families closer together while helping to connect with the world around us. Incorporating hot tub usage into your daily routine can also help improve your general well-being. Regular spa use might also reduce stress, ease pain, improve the quality of your sleep, and increase flexibility.

IMPROVED RANGE OF MOTION

As we age, we lose our range of motion. Through regular usage, your hot tub can help you restore lost flexibility and slow the natural stiffening that comes with age. The warm water of a spa creates hydrostatic pressure—the pressure caused by the weight of fluids—on the body. This reduces joint inflammation, which in turn aids mobility.

RELIEF FROM ARTHRITIS SYMPTOMS

Spending time in your hot tub may provide temporary relief from arthritic joint pain. In a controlled study examining the effects of spa therapy on patients with severe osteoarthritis, researchers found significant reduction in pain

after just two weeks. In fact, patients undergoing spa therapy experienced less pain than those undergoing drug therapy at the same time. Likewise, a study of patients with rheumatoid arthritis demonstrated that hydrotherapy reduced pain, tension, and joint tenderness.

RELIEF FROM FIBROMYALGIA SYMPTOMS

Fibromyalgia is a disorder involving chronic pain and fatigue throughout the body, often resulting in disturbed sleep and an impaired ability to concentrate. It can cause disruptions at work and at home. A study of the effects of hydrotherapy on fibromyalgia patients showed marked benefits. Following a course of hydrotherapy treatment, patients reported improvements in physical functionality, sleep quality, and the ability to do their jobs, accompanied by a reduction in pain intensity, fatigue, stiffness, anxiety, and depression.

RELIEF FROM LOWER BACK PAIN

According to one estimate, 80% of all Americans will suffer from lower back pain at some point. It can make performing everyday activities a difficult and painful challenge. In multiple studies, people living with chronic back pain who underwent hydrotherapy treatment, either on its own or in combination with other treatments, saw a reduction in their symptoms. While these studies do indicate the positive effects of hydrotherapy, they do not replace the advice of a doctor.

DECREASED ANXIETY AND STRESS

Time spent in a hot tub encourages stress-free

relaxation. Before you leave for work in the morning, soaking in your spa for fifteen or twenty minutes can help you begin your day feeling rested and focused. At night, it can help you unwind and leave the stresses of the day behind you. Controlled studies have shown that the use of hydrotherapy can lead to an improved psychological and emotional state.

BETTER SLEEP

Lack of sleep can increase feelings of stress and anxiety reducing your ability to be productive. This can become a vicious cycle, as these same negative feelings can cause or aggravate many sleep disorders. Using your hot tub on a regular basis can break that cycle and help you get to sleep.

EASES SORE MUSCLES

If you suffer from sore or aching muscles, a hot tub can help. The hot water and massage jets release tension and knead the toxins from your muscle fibers. Buoyancy takes the pressure off your legs, feet and back, helping you work out the knots.

Regular soaks in your spa can improve your health and overall well-being. In order to fully experience these benefits, it's important to choose the right hot tub. A hot tub that doesn't work properly, requires constant repairs, or uses energy inefficiently may add more stress to your life than it reduces. It's best to invest in a quality, worry-free hot tub that you can enjoy for years to come. For more information about hot tubs, please call Year Round Pool at (843) 837-7665.

Our SPAS are designed to make EVERY DAY BETTER!



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