

Does a

# SPA TUB REALLY MATTER?

Many people dream of owning a spa tub for luxury, but you might be surprised to know that a nice soak can provide a number of health benefits. In fact, the word “spa” is an acronym for “salus per aquam,” which is Latin for “health from water.” Here are some of the great health benefits you gain from soaking in a spa tub:

## Heat

When you sit back and relax in a warm tub, your body heats up, which increases blood flow and causes your blood vessels to dilate. This can reduce your blood pressure in as little as 20 minutes. The hot water also allows your muscles to relax. Unlike a normal bathtub, a spa can keep water warm indefinitely, giving your body time to send warm blood deep within your muscles where therapeutic heat doesn't normally reach.

## Buoyancy

Your joints take a beating every day, especially your feet and ankles. Your knees, elbows and wrists are constantly in motion. When you sit in a spa, the water's natural buoyancy supports up to 90% of your weight, giving your joints and muscles a break while you're relaxing in your spa.

## Improved sleep

When you soak in hot water around 90 minutes before bed time, it triggers your body to drop in temperature after you go to bed. While your internal thermostat is lowering your temperature, you fall asleep more quickly and easily, sleeping peacefully throughout the night.



Spa tubs can also help to improve...

- Weight loss and diabetes
- Arthritis
- Cardiovascular health

