

# Health Benefits of Hot Tubs



Hot tubbing is a wonderful way to enjoy the afternoon or evening with a friends and family or may be a romantic interlude with your husband or wife. You may be surprised to know, however, that hot tubs are prescribed to people suffering from a number of ailments like diabetes and high blood pressure because a hot tub can have a wonderful effect on your health.

## Physical Benefits

Sitting in a whirlpool or hot tub is essentially Hydrotherapy for the whole body. The jets and warm moving water helps remove tension from muscles and moves your whole body into a state of relaxation. This complete immersion increases circulation throughout the body and helps to detoxify the body.

## Psychological Benefits

There are many psychological benefits to be had by spending half an hour in the hot tub every day. A hot tub recreates the atmosphere of the womb for us. We feel most safe, secured and relaxed in such an atmosphere. Getting in touch with this on a regular basis can help you tremendously. It will help you become better adjusted in society and in handling your relationships. More importantly, you will get less stressed and will be able to cope with stress better.

## Health Problems

As we mentioned earlier, hot tubs can be very beneficial to most people suffering from several ailments and spending just half an hour in hot tubs can significantly reduce the blood sugar levels of a diabetic. It helps reduce high blood pressure. It is extremely helpful in reducing stress and stress related ailments like headache, body ache, stiffness, etc. Spending time in a hot tub is also prescribed as therapy for arthritic patients. And, spending half an hour in a hot tub will help you get deep, refreshing sleep even if you suffer from sleep problems.

## Tips

One of the best tips when using the hot tubs for health reasons is to combine hydrotherapy with aromatherapy. The effects of various fragrances on our body and mind are well documented and you can get maximum advantage out of it when you are using a hot tub, as opposed to a regular tub or a shower. You can use different essential oils for a variety of different effects. There are essential oils that will refresh you at the beginning of the day as well as oils that will soothe and relax you at the end of a long, hard day.

Read more: <http://nordichottubs.com/health-benefits-from-nordic-spas/159-health-benefits-of-hot-tubs.html#ixzz11iOejVU>