Hydrotherapy has been used for thousands of years to help people feel better. Putting together three of nature’s most powerful relieving agents: heat, water, and air, it invigorates and gently massages the body while easing away aches and pains.

Three basic factors comprise hydrotherapy **Heat, Buoyancy, and Massage:**

- **Heat** from the warm water increases blood flow producing a healing effect on sore or damaged tissue and relaxes tired muscles and joints. Immersion in hot water causes the blood vessels to dilate, resulting in increased circulation, including circulation of the immune system’s white blood cells. This helps to open airways and help white blood cells circulate to the affected areas promoting healing.

- **Buoyancy** of the water reduces body weight by approximately 90% while you enjoy your deep soak, relieving pressure on joints and muscles, while creating the relaxing sensation of floating in space. It abolishes gravity, allowing the body to float amplifying the power in the muscles.

- **Massage** is the secret to effective hydrotherapy. This energized warm-water stream relaxes tight muscles and stimulates the release of endorphins, the body’s natural pain killers. Jet driven massage gently eases tension directly out of your muscle groups to relieve soreness from your back, hips, legs, and the symptoms of arthritis.

**Hydrotherapy Key Benefits**

Walk-In-Tubs with hydrotherapy are designed to relieve aches and pains and help alleviate the symptoms associated with:

- Arthritis
- High Blood Pressure
- Migraines
- Muscle Cramps
- Rheumatism
- Sprains
- Tension
- Diabetes
- Lumbago
- Multiple Sclerosis
- Poor Blood Circulation
- Lower Back Pain
- Sleep Trouble
- Peripheral Artery Disease
- Stress
- Varicose Veins
- Knees
- Sciatica & Stiffness
- Shoulders
- Feet
- Stroke Patients
- Cancer Patients
- Heart Attacks
- Hips
- Carpal Tunnel Syndrome
- Fibromyalgia
- Tendonitis
- COPD
- Neuropathy Patients

*The New England Journal of Medicine*
What Typically Happens During Hydrotherapy?

- **After 3 minutes** - your blood pressure and pulse rates begin to drop.
- **After 6 minutes** - your circulation improves in your hands and feet making them feel warmer.
- **After 8 minutes** - your muscles relax, tissues become more pliable and responsive to stretching, encouraging the release of lactic acid and other toxins from your system.
- **At 10 minutes** - your minor aches and pains will experience a dramatic decrease in severity as your body releases endorphins, the body’s natural painkillers.

**Immune System** - detoxing regularly leads to a stronger immune system which is able to cope with controlling viruses, bacteria and infections. Your immune system is your internal police force and when working efficiently, helps you overcome minor infections ranging from the common cold right up to deadly diseases.

**Hydrotherapy & Arthritis**

A recent study by *The New England Journal of Medicine* (9/12/10) found that hydrotherapy is particularly beneficial for arthritis sufferers. 139 patients with chronic arthritis were randomly assigned to receive hydrotherapy, land exercise, or progressive relaxation.

Patients attended 30-minute sessions twice weekly for 4 weeks. Hydrotherapy patients soaking in walk-in-tubs showed significantly greater improvement in joint tenderness and in the range of movement for their knees than the other patients.

The report concluded that although all patients experienced some benefit, "hydrotherapy in walk-in-tubs produced the greatest improvements", and the researchers stated that there is clear evidence of the benefits of hydrotherapy for arthritis sufferers to support the continued use of this therapy as an effective treatment. The benefit is that, because of the warm water, the range of movement is greater and therefore more effective to the weakened areas.

**Mental Benefits of a Walk-In-Tub**

- **Reduce Stress and Relax**: Swirling warm water helps your brain to relax while washing away anxiety.
- **Sleep Better**: By immersing yourself in hot water for 15 minutes before bedtime, your body temperature rises and enhances your ability to fall asleep faster.

*** (National Sleep Foundation)
Pain Relief - Hydrotherapy is proven to be a highly effective form of natural therapy which works by stimulating the endorphins which in turn helps you to control pain and alleviate tension. This works by releasing thousands of large bubbles, which relaxes your muscular tension and helps to reduce swollen joints giving you increased mobility and more importantly lessens your pain.

The New England Journal of Medicine

Diabetes Treatment

The New England Journal of Medicine reported on a study (08-16-2008) regarding the benefits of physical exercise and therapy from the use of walk-in-tubs. As reported, patients with Diabetes were studied using a hot tub 30 minutes a day, 6 days per week. After only 10 days, patients required reduced doses of insulin, lost weight, showed distinct decreases in plasma glucose, and benefited from improved sleep and an increased general sense of well-being.

Weight Loss and Cellulite Reduction

A study has shown that regular use of hot tubs can aid in weight loss, as well as diminish the appearance of cellulite. This stems from the fact that soaking in a spa simulates exercise by dilating blood vessels and promoting better circulation, as it relaxes the skin and muscles. It can also increase the heart rate, while lowering blood pressure. This indicates that soaking in a hot tub may be good for your body in many ways.

Back Pain

Ask anyone who owns one: they will tell you that they feel better after using their spa. For hundreds of years Europeans have used hot water spa therapy as a treatment for chronic diseases. In fact, the Romans developed a fabulous hot springs resort in England sometime after their invasion in 43 A.D.

The effectiveness of such therapy for chronic low back pain has not been well documented until recently. In 1995, a study published in the British Journal of Rheumatology reported that spa therapy has both short and long-term benefits in treating lower back pain.

Cardiovascular Health

The Mayo Clinic found in a recent study that since bathing in your hot tub simulates exercise, soaking in one gives you some of the same health benefits of exercise but with less heart stress. A hot tub increases the heart rate while lowering blood pressure, instead of raising it as other forms of exercise do.
Stroke Prevention- Lower Blood Pressure
High blood pressure is by far the most potent risk in causing a stroke. High blood pressure can increase your risk of stroke by four times. Studies show the risk of stroke doubles for each decade between the ages of 55 and 92. Studies have proven that 30 minutes in a walk-in-tub with hydrotherapy significantly reduces a person’s stress levels and hypertension.

The Benefit Of.....Safety At Home
Most Falls Occur In the Bathroom, Often When Bathing. A Walk-In Tub Can Provide Greater Safety and Extend Your Independence At Home.

Website:http://www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.html

Each year, one in every three adults age 65 and older falls. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

How big is the problem?
- One out of three older adults (those aged 65 or older) falls each year
- Among older adults, falls are the leading cause of both fatal and nonfatal injuries.
- In 2012, 2.4 million nonfatal fall injuries among older adults were treated in emergency departments and more than 722,000 of these patients were hospitalized.
- Twenty to thirty percent of people who fall suffer moderate to severe injuries such as lacerations, hip fractures, or head traumas. These injuries can make it hard to get around or live independently, and increase the risk of early death

Tax Deductions
If your doctor or other health professionals advise you to follow a regular program of warm water exercises, and if the need for this medical treatment is your primary reason for buying a home spa, all of your purchase price may qualify for income tax deduction as a medical expense.

In its opinion letter index No: 213.05 -00, the IRS states “Section 213(a) allows as a [tax] deduction the expenses paid during the taxable year for medical care of the taxpayer, spouse, or dependent. Under § 213(d)(1)(A), an expense is for ‘medical care’ if its primary purpose is the diagnosis, cure, mitigation, treatment, or prevention of disease. Since a spa is of a personal nature, you must establish that it is primarily for the cure, mitigation, treatment, or prevention of disease before you can deduct the cost on your tax return. You may be able to claim it as a tax deduction even though someone else such as your spouse makes use of it, as long as you are buying the hot tub primarily to relieve pain due to disease or an injury. A prescription from your doctor will help. We recommend that you consult your physician and tax adviser for their help.