



The 4 Major Benefits of Hot Tubs

Water is the basis of life, and evidence suggests that a **wide range of health benefits** can be gained from simply coming into contact with the liquid. One study, conducted at the Virginia Commonwealth University, even found that water stimulation **could enhance anti-cancer defenses**. If you're unsure about building or upgrading your own hot tub system, it's worth giving a thought to the ways your health could benefit.

1 IMPROVED MENTAL HEALTH

The term 'mental health' encompasses many conditions and disorders, ranging from mood conditions such as depression and anxiety to **cluster B personality disorders**, which are estimated to affect up to **15% of Canadians**. Many mental health conditions are treated with therapy, typically psychological, but complementary therapies often involve relaxation techniques, such as yoga and deep breathing. Hot tubs have been shown, through the warm and relaxing nature of the water, to provide similarly relaxing conditions that can help to mitigate mental health illness and provide a way to unwind.

2 STIMULATING YOUR HEAD

Just as hot tubs can have a beneficial effect on treating mental health conditions, they have a good overall effect on your head as a whole. This is particularly noted with regard to headaches, which are often caused by stress and can have detrimental long-term effects. A study, reported by Lifehacker, found the dilating effect of hot tub heat on veins can **reduce headaches and bring long-term relief**.

3 THE HEART BECOMES HEALTHIER

Hot baths, and hot tubs, have long been vaunted for their benefits on the heart, but science now establishes the benefit as fact. A recent study conducted by Japanese scientists found that those who take hot baths were up to **46% less likely to experience hypertension**. Other health benefits discovered included a lower rate of stroke.

4 PROTECTING YOUR LUNGS

When you enjoy a particularly hot bath, the air can seem quite stifling, given the heat and heaviness of the water vapor in the air. However, some studies suggest that there are long-term benefits to your lungs from this treatment. This can already be felt if you take some time in the hot tub when you're **feeling under the weather** – the heat can help to blast away any cold symptoms and give you an extra jolt of vitality. Building from that, a Mayo Clinic study found that long term usage can strengthen the lungs, even where conditions like asthma are concerned.

Taking a trip to a hot tub will leave you feeling superficially well. The good news is that evidence shows you'll feel great under the surface, too. A huge range of health benefits can be found in anyone with regular use, giving you that extra bit of inspiration to set your own convenient version up at home.

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