



Warm Water Buoyancy Massage

Although all are logical approaches for many types of therapy, health & beauty regimens, Aqualife Spas by Strong Spas makes it feel like a luxury.

From relief of general discomfort to the specialized treatment of medical conditions, hot tubs promote diverse aspects of health and wellness when used under the guidance of medical experts.

** Before undertaking a therapeutic hot-tub regimen, consult your physician.*





*“According to **the Arthritis Foundation**, if you have a chronic condition like fibromyalgia, arthritis, or lower back pain, massage & soaking in warm water is one of the oldest, cheapest, and safest forms of complementary therapy. Research has shown that heat treatments can loosen stiff joints and relieve achy muscles.”*



*“According to **Natural Standard**, an evidence-based alternative medicine collaborative, massage is one of the most popular forms of complementary medicine for relaxation and for stress relief. Massage increases circulation. Relieving tension in the muscles and surrounding soft tissues can help improve blood and lymphatic circulation, resulting in increased nutrient supply and adequate removal of wastes”.*



*“**The National Sleep Foundation** recommends soaking in a hot tub as a way to relax, overcome anxiety and achieve better and deeper sleep”.*

JRRD

Journal of Rehabilitation Research & Development

*“**The Journal of Rehabilitation Research and Development**, according to a research study published in 2011, found massage was the most popular form of alternative care for pain relief in a group of U.S. veterans with chronic pain”.*



*“**The New England Journal of Medicine** also explored the role of hot-tub therapy among diabetic patients whose condition prevents them from exercising. Positive changes in weight and blood sugar, perhaps attributed to improved blood flow to skeletal muscle”.*



*“According to **HG**, the heat from a hot tub causes us to perspire, and this in turn can be enough to help us to rid our skin of toxins and thereby improve our skin tone and appearance. Meanwhile the increased reduction of oils can help us to improve the glossiness of our hair”.*



Resource Links:

<https://arthritis.org/health-wellness/healthy-living/managing-pain/pain-relief-solutions/heat-therapy-helps-relax-stiff-joints>

<https://www.healthguidance.org/entry/16228/1/Hot-Tub-Health-Benefits.html>