

The Healing, Therapeutic Effects of Warm Water

The healing properties of warm water immersion and massage have been celebrated and practiced for centuries. Today, many hospitals and physical therapists use warm water immersion and massage therapies to provide comfort and help alleviate a range of ailments. With our focus on enhancing the self-care benefits of a spa through careful design and engineering, a Caldera hot tub can accomplish more than ever before.



A Deeper, More Relaxed Sleep

The deep, relaxing sensation you get from time spent soaking in a spa helps release tension and starts you on a path to a restful sleep. Once you're in a warm spa, your body's temperature is raised, which increases blood circulation. When you leave the spa, your core temperature lowers slowly; this signals the body that it's time to sleep.

Natural Pain Relief from Arthritis

According to the Arthritis Foundation, time in a hot tub creates a helpful environment for relieving arthritis pain and stiffness. Heated water raises body temperature and increases blood circulation while water's buoyancy relieves stress on joints and muscles to encourage better movement. When jets are used, the warm water massage relaxes muscles, ligaments and tendons and stimulates the release of endorphins--the body's natural pain relief mechanism.

An Arthritis Foundation publication related to spas, pools and arthritis states "Regular sessions in your hot tub keep joints moving. It restores and preserves strength and flexibility, and also protects your joints from further damage."



Muscle Recovery and Faster Healing

Medical professionals suggest warmth to increase circulation and assist healing. Time in a warm spa, especially those equipped with soothing jets, helps increase circulation so the blood can supply nutrients to help cells and tissues regenerate. According to the textbook *Comprehensive Aquatic Therapy* by Dr. Bruce Becker and Andrew Cole, “Immersion in warm water can lead to a faster and longer-lasting recovery. By creating an environment which is less prone to cause pain, and is even pleasurable, makes immersion in warm water a unique healing environment.”

Overall Stress Relief

People have soaked in warm water for centuries to relax. These days, hot tub owners are quick to tell us about how soothing their spa feels and how recuperative it is. Studies show the soothing effects, too. For instance, blood pressure drops after time spent in a spa.

In fact, nearly everyone logically understands that a spa helps you relax. But not everyone has felt it. There’s simply an amazing sense of calm and release after you’ve spent time getting a soothing massage in a spa.

So rather than stacking up even more facts about how a spa feels, we invite you to feel it for yourself.

Call a Caldera Spa dealer and arrange a time to test one of our spas by soaking in one and trying out the powerful jets and comfortable seats for yourself. It’s that easy, call to set up a time, and relax in one of our spas. No pressure. Just the opposite, in fact. Then you’ll know by experience just how a spa can change your life by helping you feel more relaxed and rejuvenated.



You know [just 20 minutes a day](#) in your hot tub can help you increase your energy, clear your busy head, help you sleep and put you back on track in terms of healthful self-care. You can spend time [reconnecting](#) with your loved ones or yourself, you can reset your focus on [health and well being](#), and you can undo the damage that stress does to the body and mind.

Taking care of you is paramount. For fighting off colds, keeping a calm and cheerful outlook and making sure you have enough energy to enjoy yourself throughout the coming year, there is nothing that beats a regularly scheduled, calming 20-minute retreat in your hot tub. And, it will give your loved ones a better version of you, ultimately giving you all a happier outlook on life.

Below is a quick “cheat sheet” of things you can remind yourself to do when you feel stress building:

- Spend just 20 minutes a day, every day, in your **hot tub**.
- Maintain your **self-care** habits like exercise and getting enough sleep.
- **Talk** about it! Remind your loved ones that you need them—and let them be your support system.
- **Take time** for yourself—schedule it, if need be, but do it!