Did you know
that soaking in a hot tub can be beneficial to your body and mind?

In fact, the word “Spa” is an acronym for the Latin “salus per aquam”, which literally means “health from water.” Ancient cultures - including the Egyptians, Greeks, and Romans - used spas for therapy and relaxation. The Mohawk tribe in New York named their local hot spring “Sarasota” which means “place of miraculous water in rock.” In more recent times, natural hot springs around the country have been a popular vacation destination for those who can afford the indulgence. Spas and hot tubs have changed dramatically since the days of soaking in natural mineral spas.

3 simple ways
ways in which spas/hot tubs affect one’s body

1. Heat

When your body absorbs heat, several subtle physiological processes occur. Firstly, as your body warms up, blood flow is increased. The warming of your blood causes your blood vessels to dilate. Blood pressure is subsequently reduced - often in as little as 20 minutes.

Additionally, the hot water also causes muscle relaxation as heat from the water is carried deep into your muscles. Normally, your body tries to cool itself by carrying heat to the surface via your blood. Unlike a bathtub, a spa can maintain a hot water temperature indefinitely. So while you are soaking in a spa, your blood doesn’t recirculate at a reduced temperature. It returns deep within your body at a warmer temperature than before, delivering therapeutic heat where other treatments cannot.

Furthermore, the central nervous system’s sensitivity is muted, as your body focuses its attention on the heat gain. This brings about temporary pain relief. This neurological affect can happen with any gradual increase or decrease in your body’s temperature - but soaking in warm water sure sounds nicer than the alternative!
2. Buoyancy

Even the fittest among us has a lot of weight on our joints. Think of your feet and ankles - they support almost all of your body’s weight - every day, all day long. Other joints are constantly in motion - your knees, elbows, and wrists, for example. And unfortunately, everyone either has experienced some sort of back pain, or knows someone who has.

When we are sitting in a spa, the natural buoyancy of the water supports approximately 90% of our weight. This obviously reduces the strain on our joints, by giving them a little ‘down time’ from the daily grind. Pressure is greatly reduced on all of your joints and muscles while you are relaxing in your hot tub.

3. Hydrotherapy

Anyone who has used a spa before is familiar with the relaxing affect of the jets themselves, and their obvious benefits. Focused streams of water - with warmed air mixed within the flow - can provide a therapeutic massage that you can control, depending on how gentle or intense you want it to feel.

Hot tubs are equipped with nozzles of various sizes, pressures, configurations, and quantities - all designed to target particular portions of your body. Smaller groups of jets will hit pinpoint muscles around your neck. Many jets will focus on certain portions of your back. Larger flow jets will actually sweep up and down your entire back, just to the sides of your spine. Tiny jets will spin around your wrists. Other jets will aim for your calves, feet, or arms. Like a trained masseuse, the spa’s jets can soothe sore muscles any time you need.
Make Everyday A Spa Day

How relaxed do you feel after you walk out of a massage? How does your skin feel when you leave the steam room? Are you glowing after that amazing facial? Wouldn’t it be nice if you created your everyday life to be your own spa? Why can’t we choose luxury, relaxation and serenity everyday?

The answer is, we can!

How can you create your own personal spa?

Bring beauty to your indoor spaces

This will create a spa-like atmosphere. Do this all the time, every day! Light candles or incense sticks. Play relaxing music or just music that brightens your day. Invest in some beautiful pieces of art or decorative accessories. Buy some fresh flowers and place them in a gorgeous vase. Even if you aren’t at a place where you can afford to have the space of your dreams, adding small elements will feel like you are in a spa.

Bring the spa into your everyday activities

We all shower every day so why not make it extra special? You could do this by using natural products that nourish your skin but that also smell good. Stand under the warm water, close your eyes, and pretend like you are standing under a waterfall in a tropical rainforest. Let go of all your thoughts and let the water pour all over the body.

Beautify your meals

Cooking is nourishing to the soul but sometimes when we are hungry or we are in a rush, we tend to slack on presentation. Decide to prepare your plate as if it was a piece of art. Take care in its presentation and you will feel like you are being served at a five-star restaurant. Trust us, it makes a lot of difference - you’re food will taste better, you will enjoy it more, and you will feel super pampered.