

HEALTH BENEFITS OF HOT TUB USE



BROWSE BY CATEGORY

QUICK LINKS:

- Relaxation & Stress Relief
- Muscle Pain Relief
- Improved Sleep
- Joint Pain Relief
- Improved Heart Health
- Improved Athletic Performance
- Weight Loss

“The spa has changed my life, literally. I sleep better. I feel better. It is a stress reducer and the muscle tightness I feel in my neck and back is substantially reduced. I can’t believe I lived this long without it.” – Jean, hot tub owner

Studies and user testimonials have shown that hot tubs can benefit your health in lots of ways, including stress relief, muscle pain relief, improved sleep, joint pain relief, improved heart health, and more.hot tub. Whether you’re interested in a modern look, eco-friendly, a place for family and friends, a do-it-yourself project, or simply a beautiful place to retreat to for some relaxation, there’s something here for everyone.



RELAXATION & STRESS RELIEF

Think about the last time you felt completely relaxed. What kind of environment were you in? Who were you with? How often do you wish you could feel that way?

Hot tubs provide the ideal environment to promote relaxation and stress relief. A hot tub's warm water, calming waterfall, and mood lighting all encourage you to take a deep breath and forget your worries.

A study by the University of Minnesota showed that just 10 minutes in a hot tub can produce "increased feelings of well-being and decreased anxiety."



The best part is you can take advantage of the health benefits of hot tubs every day. Justin B., a hot tub owner, says, "There is nothing better than jumping in my Bullfrog Spa at the end of a long day. It's not only relaxing but therapeutic."

A recent Gallup poll found that eight out of 10 Americans feel stressed. Work, raising families, the economy, and politics are some of the most stress-inducing things we face daily. Fortunately, taking time each day to unwind in a hot tub alleviates that stress and leads to long-term health benefits. In fact, Kyle H. said his hot tub was "the greatest purchase ever for [his] health and relaxation."

MUSCLE PAIN RELIEF

Having a hot tub in your own backyard is like having unlimited access to a personal masseuse. Anytime your back aches, your neck hurts, or you feel worn out, step into your spa and enjoy its powerful jet massages.

Studies show massage therapy relieves and heals sore muscles. In one test, participants were asked to ride a stationary bike until muscle exhaustion. They then received massage treatment on just one of their legs to see if it would heal differently than their other leg.



The legs that received massage treatment felt less pain and recovered quicker. Dr. Tarnopolsky, professor of pediatrics and medicine, learned from this study that, "massage can suppress inflammation and actually enhance cell recovery."



Hot tubs have strategically placed jet massages to target your back, neck, shoulder, and leg muscles. Bullfrog Spas' JetPak Therapy System even provides interchangeable jets so you can target the unique muscles that need relief and recovery that day.

A hot tub can be just what you're looking for to help you feel pain-free again.

IMPROVED SLEEP

"Sleep is that golden chain that ties health and our bodies together." – Thomas Dekker

Getting a good night's rest is crucial to our health and well-being. The National Heart, Lung, and Blood Institute wrote, "Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety."

However, too many of us aren't getting enough sleep at night. We trade sleep for one more show on Netflix or wasted time scrolling through our social media feeds. Many people suffer from sleep apnea or insomnia and have a hard time sleeping through the night.



A study published by the NCBI indicated that warm water immersion led to "significant increases in sleepiness at bed-time, slow wave sleep, and stage 4 sleep."

Kevin S. said in a review of his hot tub, "We are in it almost every night and have been sleeping much better."

Consider adding a hot tub to your night-time routine if you aren't getting the quality sleep you need.

JOINT PAIN RELIEF

If you have arthritis, fibromyalgia, or other joint and bone pain, it can be hard to perform routine daily tasks, stay active, and get the exercise you need.

Warm water therapy has been used for years as an alternative therapy to help you stay loose and active. Bill T. said, "I have arthritis in my knees and feet and my spa has been great in the evening when it flares up."



Performing water resistance exercises in your hot tub can provide extra benefits to your joints and muscles. Dr. Daniel Hass, a doctor of physical therapy, explains that water applies a mild upward pressure on your body which makes you up to 90% lighter. This lowers the impact of exercise on your joints. Dr. Hass also notes that water has 12 times the resistance of air, which helps you build muscle quicker than you could on land.

Hot tub owners such as Sandra R. have already seen the health benefits of hot tub workouts. She said, “I purchased this spa tub to help deal with chronic back and leg issues. It is the perfect size to let me do some water resistance exercises.”

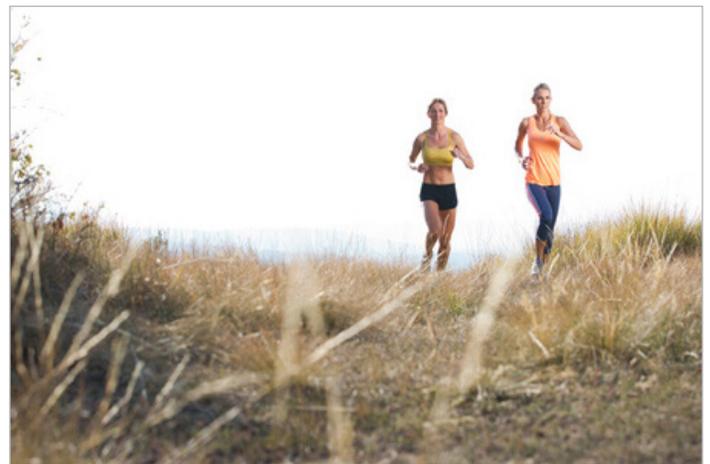


IMPROVED HEART HEALTH

Heart disease is the leading cause of death every year in the United States. Taking care of our heart should be our number one health objective.

Combined with a healthy diet and exercise, soaking in a hot tub can be a great supplement to support your heart health.

Dr. Bruce Becker wrote, “During warm-water immersion, heart rate and blood pressure typically drop, peripheral circulation increases, and the efficiency of the cardiovascular system improves.” This means, that while using a hot tub, it is easier for blood to flow through the arteries and veins. In addition, your heart is able to pump more blood with the same amount of effort. This is like giving your heart a rest and can contribute to long-term heart health.





IMPROVED ATHLETIC PERFORMANCE

Many athletes use hot tubs to improve their performance. For example, soaking in a spa before a game or competition helps warm up your muscles so you are more ready to compete.

Athletes also use hot tubs after a workout for muscle and pain relief and to help them recover faster. In fact, many use a combination of hot and cold therapy to treat pain.

Most professional sports teams have noticed the hot tub health benefits and provide team hot tubs. A few years ago, an image of NFL quarterback Peyton Manning using a hot tub to heal his injured foot went viral. Manning soaked his foot while watching practice on an iPad, all while wearing his football helmet. It seemed to work well, as Manning and his team made the Super Bowl that year. A few years later, new Broncos quarterback Trevor Siemian followed Manning's routine while recovering from a sprained ankle.



Keep in mind that if you plan on enjoying a hot tub after exercising, you'll need to drink plenty of fluids to stay hydrated.

WEIGHT LOSS

Many people ask, "Can I lose weight by using a hot tub?" While hot tubs aren't designed to make you lose weight, they help lower stress levels and improve recovery after workouts, which can contribute to a healthier weight.

A Loughborough University study showed there is some evidence of decreased inflammation and improved insulin sensitivity after soaking in hot water which can help with weight loss, but further studies need to be done to prove the claims. The doctors who conducted the study do not recommend doing this as an alternative to exercise and healthy dieting, only in addition to them.

We recommend following your doctor's advice when starting a weight loss plan.

