

How a Hot Tub Benefits YOUR MIND



Soaking in a hot tub is a sensory experience: the warmth that surrounds you; the sound of bubbling water; the massaging jet stream against your aching back. It's easy to feel the positive effects on your body, but did you know that soaking in a hot tub can also benefit your mind?

See for yourself how a daily dip can improve everything from anxiety to creativity.



Better Sleep (AND BETTER MOODS)

The drop in body temperature after a hot soak has a powerful relaxation effect that helps you fall asleep and maintain deeper sleep, according to Health.com.



The scientific journal "SLEEP" recommends a 15-minute soak 90 minutes before bedtime for best results.



A well-rested mind is better positioned to regulate your moods, according to WebMD.

This means you'll be less likely to snap at your spouse or burst into tears over something trivial.



Increased Mental Clarity

Every day, your brain is negatively affected by environmental pollutants, according to Psychology Today.



Sweating in a hot tub flushes out "neurotoxicity" so you can:



THINK CLEARLY



EXPERIENCE A SENSE OF WELL-BEING



Enhanced Creativity

Sitting in hot water can lead to some of your most creative thinking as you experience:

CREATIVITY TRIFECTA

DOPAMINE

RELAXATION

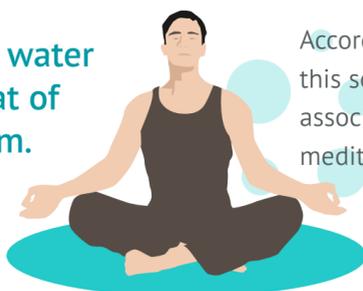


Distraction allows your mind to unplug from a problem so you can better innovate a solution.



Relaxed Mind

The sound of bubbling water in a hot tub mimics that of a natural river or stream.

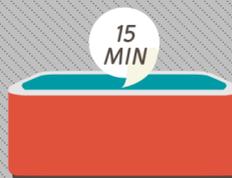


According to Psychology Today, this sound has long been associated with the practice of meditation to relax the mind.



Less Anxiety

Soaking in warm water can help ease anxiety, according to a study in Psychological Reports.



Just 15 minutes spent soaking in a hot tub was shown to "significantly reduce" levels of short-term anxiety.



Did you know?

Winston Churchill soaked in a hot bath twice daily for relaxation.

Source: "Winston Churchill: A Biographical Companion"



Mindful Awareness

A hot tub helps to clear the mental tensions of everyday life; it is a place of reflection.



Because of this, many hot tubbers gain a stronger sense of awareness and the ability to better appreciate the little things in life.



Keep these benefits in mind when deciding whether a hot tub is right for you and your family.

Sources

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