

Health Awareness

Hydrotherapy: Not Just A Lot of Hot Air

(NAPSA)—Hydrotherapy, the use of water for therapeutic treatment, has long been recognized for its benefits to those suffering from arthritis, inflamed and swollen nerves, and other chronic conditions. In recent years, however, the benefits of hydrotherapy have been clinically proven as beneficial to health and general well-being.

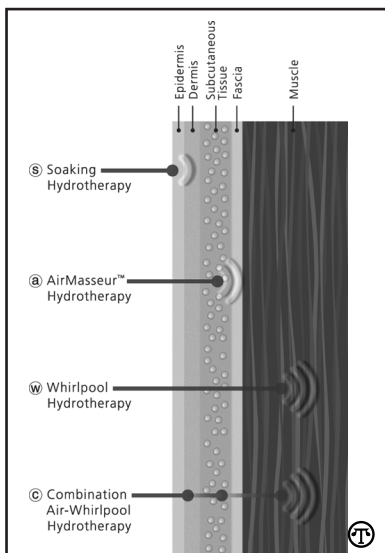
For example, a study by the Health Psychology Clinic at University of Minnesota Hospital in Minneapolis found that after 10 minutes of bathing in either still or moving warm water, healthy adults experienced increased feelings of well-being and a decreased state of anxiety.

“Bathing actually helps people stay healthy, both mentally and physically,” says Rob Tillman, PT, MOMT, a physical therapy consultant for Jason International, a leading manufacturer of hydrotherapy bath products. “Modern hydrotherapy systems can help improve circulation, increase tissue flexibility and promote the removal of muscular waste products.”

There are four types of hydrotherapy baths, and each offers unique experiences and results. Regardless of hydrotherapy preference, consumers should select a bath that is ergonomically designed to provide the optimal level of comfort and relaxation while bathing:

- **Soaking**—Submerging in warm water hydrates the epidermis, making the skin feel softer. Soaking stimulates the skin’s temperature receptors, helps your pores eliminate toxins, boosts cardiac output, improves circulation and promotes relaxation.

- **Air**—Starting with all the benefits of soaking baths, the air jets add millions of air bubbles that stimulate the skin’s light-touch receptors located in the subcuta-



Each type of hydrotherapy bath is able to stimulate different receptors located at varying depths of the skin and muscle tissue.

neous tissue, producing an overall calming effect.

- **Whirlpool**—Whirlpool jets produce a stream of pressurized water and air that can be directed to specific parts of the body. These powerful jets reach deeply, with sufficient energy to stimulate the pressure receptors of the muscles and their surrounding fascia. In addition, whirlpool jets enhance tissue flexibility and further increase circulation while promoting rejuvenation of the muscular tissue.

- **Combination Air-Whirlpool**—Used together, these types of hydrotherapy promote maximum relaxation, enabling the body to receive deeper and greater therapeutic benefits.

For additional information on the benefits of hydrotherapy and how to choose the right hydrotherapy bath for your home, call Jason International at (800) 255-5766 or visit www.jasoninternational.com.