

Wellis®

# Health Benefits of Hot Water



**Introduction:** Wellis® Spas Offer the Epitome of Hot Water Therapy

**Topic 1:** The History of Thermal Bathing & The Leader in Luxury European Spas

**Topic 2:** Cardiovascular and Circulatory Health

**Topic 3:** Hot Water May Support Weight Loss

**Topic 4:** Pain, Joint and Muscle Relief

**Topic 5:** Hot Tub Benefits for Mental Health and Mood

**Topic 6:** Increased Immunity and Sleep

**Topic 7:** Relational Health Benefits

**Topic 8:** What's the easiest way to control the temperature in my hot tub?

**Conclusion:** Find Luxurious Hot Water Therapy at a Dealer Near You

# Wellis® Spas Offer the Epitome of Hot Water Therapy

Although hot water therapy has long been known as a way to feel and look your best, it hasn't been until more recent years that the coupling of technological innovation and time-tested hot water therapy have become more and more sought after.

With an array of health benefits wrapped up in a beautiful, stylish package, having your own hot tub can be a truly transformational experience.

And nowhere is this more true than with a [Wellis® Spa](#) – the epitome of hot water therapy.



## The History of Thermal Bathing & The Leader in Luxury European Spas

If you could take a peek into history, you'd quickly see that hot water bathing was a constant in the lives of the people of ancient civilizations. From the Greeks to the Romans, hydrotherapy had many purposes and benefits. Originally reserved for the elite, hot water therapy transitioned to being open to the public in the form of public baths. Not only was hot water healing used for medicinal purposes, it was also a premier space for relational and community connection.

One of the major hubs of hot water therapy is found in Hungary, where the practice of world-famous thermal bathing has continued for over 2,000 years. Capturing the best of European thermal bathing, [Hungarian spa manufacturer Wellis has become the leading hot tub manufacturer in Europe](#) - offering luxury spas that help deliver the many health benefits you long for. "What benefits?" you ask. Come and take a look!

## Hot Water and Cardiovascular Health

A prime benefit of hot water therapy is the support of cardiovascular and circulatory health. The regulation of this important part of the body is key to the many health benefits that you may find with owning a luxury European spa.

Submerging your body in hot water dilates your blood vessels, helping to increase blood flow and decrease blood pressure. Studies show promising health benefits that may impact heart health and show a possible significant decrease in the risk of heart disease and stroke.





## Hot Water May Support Weight Loss

Another fantastic benefit of hot water therapy is the support for individual weight loss journeys. Just as with a great workout, hot water increases your core temperature and boosts your heart rate. With the increase in heart rate and circulation, hot water can offer many of the benefits of aerobic exercise.

Do you want to maximize the benefits of hot water therapy? Add an exercise routine right inside your spa! Your joints and muscles will already be warmed up, giving you a jump start on your wellness workout. With some stretching, aquatic weights, and a great exercise playlist, you can have your own home gym right in your backyard.

Use the heat of the water to boost your fitness results. With the buoyancy of the water, you'll have an almost weightless workout that is easy on joints and muscles. Then after you are finished, sit right back into your [gorgeous, jetted seats](#) for a recovery session that soothes and relaxes your whole body.

## Pain, Joint and Muscle Relief

With the increase in circulation also comes an increase in the delivery of important oxygen and nutrients that are needed throughout the body. The warmth of the water also may help increase mobility and flexibility, soothing chronic and temporary pain and relieving tension throughout the body.

Hot water may also be effective in decreasing swelling and inflammation. From headache relief to support of chronic conditions such as arthritis and fibromyalgia, hot water therapy has shown promising results in helping many people feel their best.





## Hot Tub Benefits for Mental Health and Mood

Do you long for a private oasis to let the stress of life fade away? Hot water therapy is an incredible ally in the battle against anxiety, depression, and chronic stress.

As your circulatory system delivers oxygen and nutrients throughout your body, it also delivers those important assets to the brain. You may also experience the production of endorphins – the chemicals that leave you feeling happy, content, and rested. Paired with a decrease in pain, the soothing massage of the jets, and the overall feeling of relaxation, studies have shown that boosted mood after a hot tub soak can last up to several days after hot water therapy is complete.

## Increased Immunity and Sleep

Is stress, worry, or insomnia keeping you up at night? A hot tub may be just what you need.

You've already seen the incredible ways that hot water may assist in the relief of pain, boosted mental health and mood, and overall feelings of well-being. But a good night's sleep can be icing on the cake that you never even expected.

During a normal circadian rhythm, your body temperature drops right before you go to bed – signaling to your brain that it's time to get some shut-eye. But when disruptions to your circadian rhythm occur, it is often impossible to get the restful sleep your body needs.

When you own [a sensational Wellis Spa](#), the beauty of the benefits of hot water might seem endless. Why not wind down with a good spa soak right before bedtime? As you exit your spa, your core body temperature drops – alerting your brain that it is time for a good night's sleep. And since you are already relaxed and rested, and your pain and mental stress may be eased, the sleep you need may be closer than you ever dreamed.





## Relational Health Benefits

An often overlooked benefit of hot water therapy is the impact that hot tub soaks can have on your relational health. Whether it's sneaking away with your partner after the kids are in bed, connecting with your teenager or elementary kids in the evening, or hosting friends and family on the holidays, there are a million ways to build relationships in your hot tub.

A dedicated screen-free zone, hot tub time can become one of the most treasured times of the day. And as we all know in the past few years, the importance of relationships can impact every area of both mental and physical health. Find special times with the ones you love as you discover just how impactful hot water therapy can become in your relational health.



## What's the Easiest Way to Control the Temperature in My Hot Tub?

Do you wish that there was a way to have your hot tub set to the perfect temperature anytime you want? There's no reason to run your heater at the maximum temperature setting all the time. Instead, many Wellis spa models come equipped with remote control capabilities, allowing you to maximize energy efficiency all while having your hot tub ready and waiting whenever you want.

Are you stuck at a work event and wish you had time for a spa soak when you got home? By the time the event wraps up and you drive all the way home, you know it will take too long to get your hot tub up to the perfect temperature.

Don't throw in the towel quite yet. With your Wellis Spa model, all you need to do is take out your smartphone, open the app, and control your water temperature remotely. Your hot tub can be steamy and waiting for you – set to the perfect temperature – by the time you pull into the driveway. What a way to finish out a long day!

# Find Luxurious Hot Water Therapy at a Dealer Near You

Are you looking for unbeatable hydrotherapy with all of the incredible features you deserve in a premium hot tub? Just when you think you've extinguished your search for all of your spa options, along comes a luxury spa that is so wonderful, it feels like it was custom-made exactly for you.

The wonders of a Wellis Spa are within reach.

[Simply locate your nearest Wellis USA dealer](#)

to experience for yourself the incredible benefits of hot water therapy. With a showroom near you, you can see firsthand how wonderful a Wellis hot tub at home will be.

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