



Throughout history, humankind has sought relief from the workday through relaxation and fellowship. For centuries, one of the most refreshing and healthy ways of combining the two has traditionally been through the utilization of the spa. From ancient communal baths to modern, jetted tubs, the healing power of water has been harnessed to relieve stress and provide a setting for relaxed interaction and renewal. You can be assured that the moments of relaxation you spend in your Artesian spa will be matched by the knowledge that you purchased the finest home hydrotherapy product available on the market.



Hydrotherapy is an age-old form of healing and stress relief.

It is based on three simple principles: *heat*, *buoyancy* and water movement, or *hydro-massage*.

Heat dilates the blood vessels and increases circulation in the body. This helps enzymes and endorphins (the body's natural pain relievers) work more rapidly and efficiently on areas of the body, such as muscles and joints, that have been strained, injured or stressed. Heat also helps cells more easily get rid of metabolic waste, which is replaced by oxygen and the body's natural nutrients.

Buoyancy is a simple physics issue. The body weighs 90 percent less when suspended in water. Specific gravity is reduced, and pressure on the spine, muscle groups, ligaments and joints is significantly eased.

Hydro-massage, the delivery of moving water to various parts of the body, is the final and critical ingredient to this process. All body systems benefit from hydro-massage. Stress, injury and poor posture can all cause muscle spasms and pain. Specifically directed jets of water stimulate and relax trigger points, which are highly sensitive "nodules" in the spasming muscle. Massage has also been shown to improve flexibility, increase circulation, and provide restorative benefits.

Hydrotherapy is more than an unparalleled method of relieving stress and stress-related conditions, such as high blood pressure, headaches and chronic pain. It benefits every part of the body, including the skeletal, respiratory, circulatory, neuromuscular, and digestive systems.



Hydrotherapy has been proven to be especially effective in reducing the pain of arthritis, tendonitis / bursitis and inflammation resulting from sports injuries and overexertion. The moist heat is extremely beneficially to those suffering from respiratory ailments, such as congestion, chronic bronchitis and asthma.



Increased circulation derived from hydro-massage improves digestive processes; waste and metabolic by-products are more easily eliminated, and lymph is moved more efficiently through the body, strengthening the immune system. With hydrotherapy, it isn't simply a matter of grabbing a relaxing few minutes that are over as soon as you climb out of the spa; you get an experience that will have far-reaching effects on the quality of your life.

Rarely do health and pleasure come together like they do in an Artesian spa. While many may think of hydrotherapy tubs as a luxury item, reserved for those who have the means to enjoy the fine life, for others a hydrotherapy tub is an indispensable part of making it through the day. The scientifically proven benefits associated with regular therapeutic hot tub use are beyond dispute and even prescribed by doctors for treatment of specific ailments. Ailments such as [stress](#), [arthritic pain](#), [fibromyalgia](#), [restless sleep](#), and [type 2 diabetes](#), have all been treated with hydrotherapy.