



DaVinci Spas Hydrotherapy

What is Hydrotherapy?

Hydrotherapy is the use of water in the treatment of disease. The use of water for therapy has been around for thousands of years, as far back as the ancient Egyptians, Greeks and Romans.

How does DaVinci Spas Hydrotherapy work?

The healing properties of hydrotherapy are based on its mechanical and/or thermal effects. It makes use of the body's reaction to hot and cold stimuli, to the protracted application of heat, to the pressure exerted by the water, and to the sensation of the water itself. Nerves carry what is felt by the skin deeper into the body, where it is then vital in stimulating the immune system, influencing the production of stress hormones, improving circulation and digestion, encouraging the flow of blood, and lessening the body's sensitivity to pain.

Generally speaking, heat is used to quiet and soothe the body, and to slow down the activity of internal organs. When submerged in a DaVinci Spas vessel, there is a kind of weightlessness, as the water relieves your body of much of the effects of gravity. Water also has a hydrostatic effect and has a massage-like feeling as the water gently kneads your body. A light massage from water jets activates nerves in the skin and muscles that increase blood circulation to the massage area resulting in better tissue oxygenation, toxin evacuation, and muscle relaxation.

Over short durations, a hot bath will cause organs of the endocrine system to become less active, particularly the adrenal gland, and can decrease blood pressure. This results in a relaxed, less stressful state and helps calm the nervous system. Inhaling warm water vapor has a beneficial effect on the lungs as well. Moist, hot air causes the small airways and air sacs in the lungs to dilate and increases the lung's ability to move phlegm and mucus out. It can also help people breathe in more easily, since the volume of space in the lungs slightly increases. By increasing the rate of blood flow in the body, hot water Hydrotherapy increases circulation of the immune system's white blood cells, enabling the immune system to work faster and more efficiently. A hot soak increases the production of endorphins in the body as well. Endorphins are the body's "pain killers" and are associated with feelings of elation or happiness. Endorphins also stimulate the immune system, alleviate pain, and help tissues heal faster.

Health Benefits

Hydrotherapy is used to treat many illnesses and conditions including: acne, arthritis, colds, depression, headaches, stomach problems, joint, muscle, and nerve problems, sleep disorders, and stress.

The benefits of hydrotherapy include: dramatically increasing the elimination of waste, thus assisting detoxification, loosening tense, tight muscles and encouraging relaxation, increasing the metabolic rate and digestion activity, hydrating the cells, improving skin and muscle tone, boosting the immune system, allowing it to function more efficiently, and improving the function of the internal organs by stimulating their blood supply.

So when you order your custom tub or hot-tub from DaVinci Spas, consider adding a DaVinci Spas hydrotherapy package and reap the same health benefits of the ancient Egyptians, Greeks and Romans.