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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Water Jet Massage | Hydrotherapy**

**By Sharon Hopkins**

Water Jet Massage or Hydrotherapy is one of the oldest forms of medical treatment. It involves the use of water for soothing pains and treating diseases. The use of water as a therapeutic agent was used by the ancient Egyptian, Greek and Roman civilizations. The credit for the revival of interest in hydrotherapy goes to the Dominican monk Sebastian Kneipp who wrote a book called "My Water Cure" in the 19th century. Today, hydrotherapy is utilized to successfully affect a variety of cures in conditions such as arthritis, burns, musculoskeletal disorders and paralysis.

One of the popular off-shoots of hydrotherapy is water jet massage. Water jet massage utilizes jets of warm water in circular motions to massage the body from head to toe. Water jet massage therapy is so effective that it is regularly used by professional athletes and in the treatment of paralytic patients.

How does Water Jet Massage work?

Water jet massage improves the functioning of the neuromuscular system. The continuous circular massage from warm jets of water activates the metabolism and loosens up stiff muscles. The heat from the water soothes the muscles and causes the blood vessels to dilate. This stimulates the flow of blood and gives a boost to the circulatory system. This improved circulation results in the dissipation of the build up of lactic acid, which is the root cause of sore muscles. The controlled pressure of water which is applied all over the body also acts as a form of acupressure.

Benefits of Water Jet Massage

Water jet massage therapy is widely used by professional trainers to help athletes recover from sport injuries and fatigue. It can also be used to enhance neuromuscular capacity when used in conjunction with strength training.

Water jet massage is also used to treat certain cases of paralysis of the limbs. The invigorating effect of the water jets helps strengthen weakened muscles and energize deadened nerves.

Water jet massage is also a unique way to relax the body and mind from the effects of the stress of day-to-day life. The combination of hot water and pressure, not only releases the tension from the muscles, but also helps the mind relax completely.

### Water Jet Massage at home

You can even enjoy the benefits of water jet massage from the comfort of your home. All you need to do is choose from one of the many personal water jet massage systems that are available in the market. Just imagine the sheer pleasure of unwinding in your own bathroom after a hard day's work with jets of warm water massaging all the stress out of your body.

Sharon Hopkins, Webmaster for

<http://www.massagehealththerapy.com>

introduces you to Water Jet

Massage, a popular type of massage therapy also called as Hydrotherapy. She also writes for other sites on Yoga, Hair-n-Skin-Care, Aromatherapy among others.

### **Aquatic Bath Tubs:– More Than Just a Dip**

**By Claire Bowes**

Bathing is an important part of a decent living. For thousands of years, various cultures and societies have given attention and significance to the experience.

Nothing compares however to the experience of soaking in an aquatic bathtub after a long day. It is a perfect combination of luxury and quality, of leisure bath and healthy water immersion.

What Is an Aquatic Bathtub?

The aquatic bathtub provides for a more relaxing and soothing experience than any ordinary tub out there. It is like having your own spa in the comforts of your home. It is all about hydrotherapy.

What Is Hydrotherapy?

Hydrotherapy is one method of treating a disease through the use of water. It is deemed to be used by ancient Greek doctors.

This method is more commonly known now as the spa therapy. They are very popular now.

Hydrotherapy or spa treatment can be used to address various problems. The warm water can relax spasm, very useful in alleviating sprains, muscle sprains, fatigue and backache.

Sitting in hot water alone, or a sitz bath, is effective in treating swollen hemorrhoids.

Physiotherapy is another area that makes use of water. The buoyancy of water allows an ailing limb or strained muscle to be moved or exercised, as there is less pull of gravity when immersed in a tub of water.

### What Is a Whirlpool Bath?

Whirlpool is a special feature in most bathtubs to have an effective hydrotherapy experience. It is water spinning in a circular motion around a central area.

Heat is used together with this whirlpool bath, to effect a stimulating treatment or massage in an aquatic bath.

### Additional Features to Consider

In deciding over an aquatic bathtub, there are hundreds of selections to choose from, with more than 1,500 distributors worldwide. There are premium designs that come with many luxurious features. There are the economical ones that will provide the basic needs of a spa treatment.

#### 1. Two–Person Bathtub

A roomy bathtub will definitely spell comfort. Spacious bathing will dispense with unnecessary adjustments.

#### 2. Support Features

Seek an aquatic bathtub that has raised seats, arm rests and lumbar support. These features should be secured to enjoy a long soak.

#### 3. Neck Pillows

Neck jet pillows and shiatsu back jet system are some of the most sought–after features. Hydrotherapy jets are installed to provide also the ultimate massage experience.

#### 4. Lighting

Chromatherapy lighting will add more than to the aesthetics. This is a desirable bonus to the hydrotherapeutic experience.

#### 5. Continuous Waterfall

This adds to a peaceful ambience as one rests in a relaxing bath. The sound makes the bathing the ultimate calming experience.

#### 6. Remote Control

Since this bath is about relaxation, some manufacturers have already provided for floating remote control. Any features of the aquatic tub can be turned off and on without having to move from the relaxed stature.

The selection provides a wide range of style and sizes. The features are made even more user–friendly now. Anyone can configure the features to focus on a specific area of discomfort.

With these features to watch out for, getting an aquatic bathtub is really a must. It is like having a hot spring in the confines of the household. Anyone can take a dip, any time of the day.

Just do not miss out on the aquatic bathtub experience. Whatever it is that may be discerned by the budget and by the desires, make sure to get one. Get a quality one, in keeping with the true hydrotherapy purpose of getting more than just a dip.

Claire Bowes is a successful Webmaster and publisher of

bath tubs & bathing

. Claire provides more

information on her site about

Aquatic Bath Tubs

that you can research at home.



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