

Cardiovascular Benefits

A study at the Mayo Clinic found that since bathing in your hot tub simulates exercise, soaking in one gives you the same health benefits of exercise - with less stress to the heart! A hot tub increases the heart rate while lowering blood pressure, instead of raising it as does other forms of exercise.

A recent medical article titled "Mayo Clinic OK's Spas for Heart Patients" indicates that hot tubs and spas may not present as much of a risk to heart patients as previously thought. The report stated that relaxing in a spa might actually be less stressful to your heart than working out on an exercise bicycle.

The research, led by Dr. Thomas G. Allison of the world-renowned medical center, examined the body temperature and cardiovascular stress experienced by 15 patients at risk for heart disease both in hot water and on bicycles. The studies showed that exercise caused blood pressure to rise from an average of 121/73 to 170/84. By contrast, sitting in a spa made the blood pressure drop from an average of 117/77 to 106/61. The article also states that hot tub use will raise heart rates 25.7 beats per minute.

"When you get in a hot tub, your heart naturally beats faster," Dr. Allison explained, "and many heart disease patients want to know if the stress placed on the heart is too great."

IMPORTANT NOTE: We strongly urge people who are at risk for heart disease to consult with your physician before entering a spa.