

Help to Reduce Weight and Cellulite

As unbelievable as it may sound, recent studies have proven that the regular use of hot tubs can aid in the reduction of weight, as well as diminish the appearance of cellulite. This stems from the fact that soaking in a hot tub simulates exercise. The hydrotherapy dilates the blood vessels, promoting better circulation as it relaxes the skin and muscles. It also raises the heart rate, while lowering blood pressure. This seems to indicate that soaking in a hot tub may be healthier for your heart than the traditional methods of exercise.

An article that appeared in the September 16, 1999 issue of the New England Journal of Medicine followed a group of subjects who were required to soak in a hot tub for thirty minutes a day, six days a week, for three weeks. Though this study was for diabetes research, the results were wide reaching. The patients' weight was reduced by an average of 3.75 pounds each! The subjects lost over one pound per week, just by soaking in a spa.

Regular use of hot tubs can also help to diminish the appearance of cellulite. The fatty deposits that typically gather on the hips, thighs, and buttocks of most women past their 30s can never be fully eliminated. The design of a woman's body naturally causes the skin to dimple out, whether she is overweight or thin. However, by improving circulation to the areas affected by cellulite, it has been proven that the appearance of the unsightly deposits can be reduced.

According to a variety of medical sources available on the Internet, the hydrotherapy that a hot tub provides stimulates the blood vessels, increasing circulation. It also tones the body tissue, reduces fluid retention, and relieves swelling. All of these benefits combined can result in the diminishment of the appearance of cellulite.