



BEACHCOMBER

A Guide to...
**Living Healthy,
Living Happy**



A BEACHCOMBER HOT TUBS HEALTH GUIDE

Getting into hot water...

has been shown to improve our health, and the quality of our lives – across all aspects of the Mind, Body, and the Soul.

Read on for a healthier and happier you...

The healing powers of **Water**



People have always turned to water for healing. In fact, people and water go back a long, long way. Over the centuries, different cultures and countries have developed their own tradition and styles of using hot water to soothe and heal. From the roman baths in Rome, to the hamam in Turkey, the Japanese onsen, and natural hot springs. The benefits of hydrotherapy have also been known for thousands of years, everywhere around the world.

This book is about one of humankind's oldest pleasures – and also life's best and simplest, yet most enduring joys. It's where life itself started – and where each of us spent the first several months of our lives, embraced by water.

It is no secret that mental and physiological health are closely connected. Studies have shown that immersing yourself in warm

water, above 102 degrees F, puts your body into a deep state of relaxation, and that being near water creates a sense of mental calm and promotes physical health, positively transforming your health. Water has unique healing properties and physiologic effects. The sight and sound of water have been found to trigger the release of neurochemicals that creates a sense of wellness and relaxation.

Using nature's powerful agents – Heat, water, and air – in a hot tub offers a relaxing hydrotherapeutic effect that can improve your general physical and mental well-being. Just 15 to 30 minutes a day is all you need to reap its multiple benefits. Beachcomber believes that everyone can be enabled to live life as their best self – healthy, and happy.

In Ancient Babylon,
the word for doctor meant ...

“

*One who
knows
water*

”

Hot Tub

Benefits at a glance



MIND

Promotes mental health and clarity

- ✓ Stress relief
- ✓ Opportunity for me-time and meditation
- ✓ Decreases anxiety
- ✓ Increases overall feeling of happiness
- ✓ Improves sleep and increased energy

SOUL

Improves overall mood, and encourages bonding and self-care

- ✓ Connect with family, friends, and loved ones, device free
- ✓ Elevates your backyard and spend more time outdoors
- ✓ Allows for instant vacation anytime

BODY

Helps with overall wellness and general pain management

- ✓ Lowers blood pressure
- ✓ Improves blood circulation
- ✓ Muscle and joint relaxation (helps with arthritis and fibromyalgia)
- ✓ Boosts immune system
- ✓ Improves inflammation
- ✓ Calorie-burning
- ✓ Improves skin health
- ✓ Can ease the appearance of cellulitis

A woman's face is shown in a hot water bath, with steam rising from the water. A pink oval overlay is centered on the image, containing the title text. A white line drawing of a flower is positioned to the right of the title text.

Hot Water

For the Mind

Promotes mental health and clarity

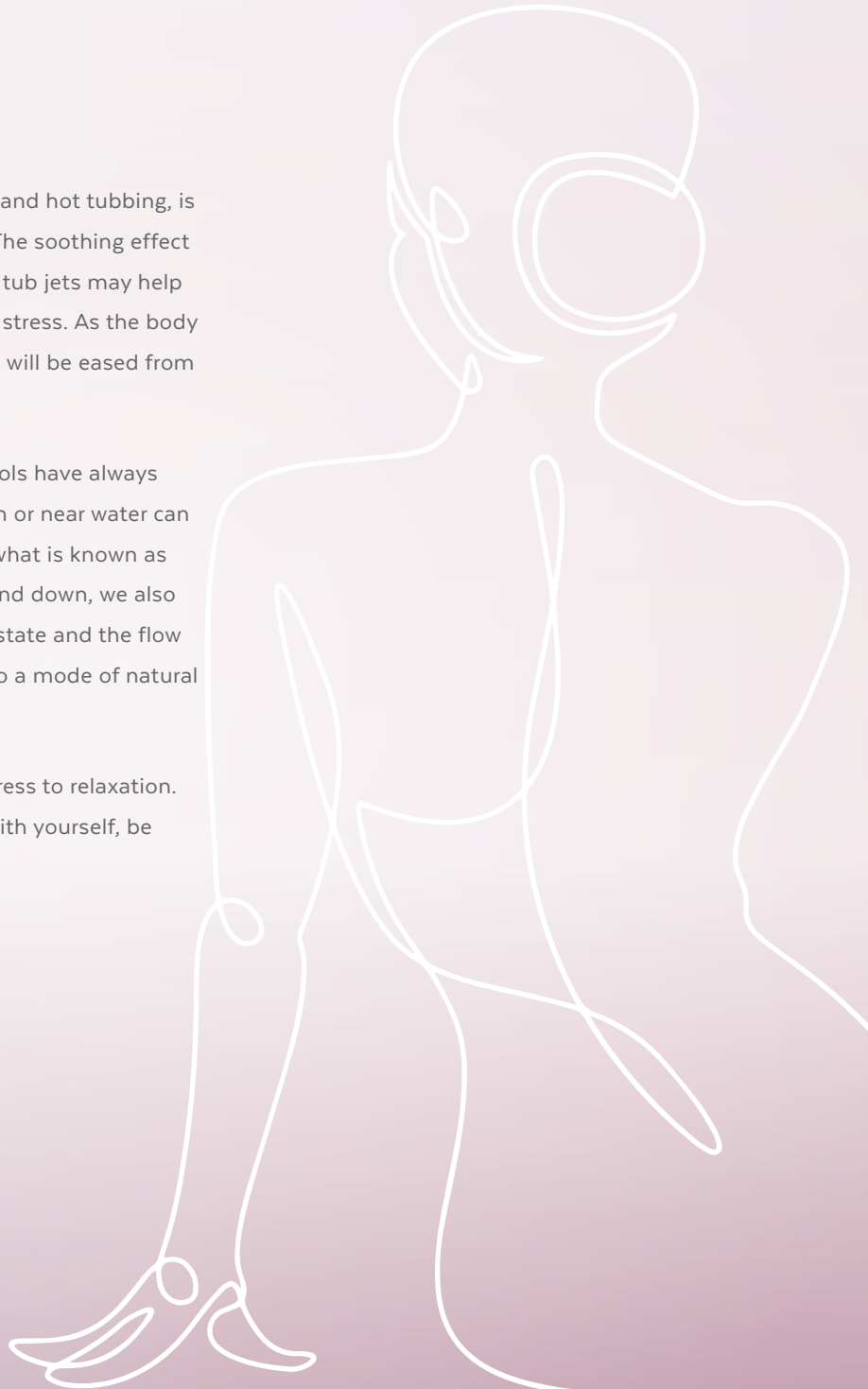
Hot Water *For the Mind*

Stress relief

One of the lesser-known benefits of hot water therapy, and hot tubbing, is the positive impact on your mental health and clarity. The soothing effect of the warm water and massaging actions from the hot tub jets may help calm the mind and help relieve physical and emotional stress. As the body heals with the bubbling water of the hot tub, your mind will be eased from thoughts of pain.

Bodies of water such as beaches, lakes, oceans, and pools have always brought joy to people. Studies have shown that being in or near water can do wonders for one's mental state and help one enter what is known as The Blue Mind. Like the oceans, with daily tides of up and down, we also have a similar daily rhythm. Observance of the natural state and the flow of water are known to facilitate the mind's entrance into a mode of natural relaxation and calm.

Soaking in a hot tub is like shifting our rhythm from stress to relaxation. It is also the perfect opportunity to spend time alone with yourself, be present, and to reset and recharge.



Hot Water

For the Mind

Opportunity for me-time and meditation

In a world where we're always busy, sometimes it feels nearly impossible to schedule time for ourselves. Uninterrupted "me" time helps our brains to unplug and unwind. By understanding that self-care is a great form of health care, we relieve stress which helps us sleep better, gives us more control over our moods, increases our patience level, and helps us to live in the moment.

If you've ever wished you could master clearing your mind and achieving perfect serenity, your hot tub is the ideal place to practice meditation. The soothing effects of the warm water in hot tubs helps in calming the body in the same way it does for deep meditation.

During your hot tub soak, take this opportunity to practice letting go of other mentally draining thoughts, such as work worries or routine responsibilities, and just focus on indulging in the solitude of your backyard oasis. The jets in a hot tub stimulate the flow of blood, and this boost in circulation will help your mind and body enter a state of calmness, which has been clinically shown to reduce anxiety and stress.

Practice taking slow deep belly breaths as you focus on the warm water enveloping your body and the strains of the music if you choose to use it. Begin with a goal of 4-5 minutes of consistent focus, and slowly work your way up to sessions of 15 minutes. You can use aromatherapy candles (in soothing scents of lavender or vanilla), and play calming nature sounds to help distract you from racing thoughts. Eventually, you'll be able to harness the calmness and clarity that you can achieve here and call upon it during moments of stress in your day.

Hot Water *For the Mind*

Decrease anxiety

Anxiety is extremely common in today's world. According to the National Library of Medicine, up to 33.7% of the population is affected by anxiety disorder during their lifetime. There are lots of ways to ease the anxiety-related effects, and soaking in a hot tub is one of them. Going into the warm water can alleviate the physical symptoms of anxiety, such as muscle tension and pain, helping our body relax.

A hot tub can be an accessible, soothing private sanctuary in which you can unwind. Because it's often the relentless pace of life that feeds anxiety, the convenience of a home hot tub located just outside your back door or inside your house can provide fast relief.

Alternatively, socializing might be helpful for some people. If this is the case, the hot tub can be used to create a social gathering space. Human contact can be some of the greatest support during anxious times – and a hot tub is a perfect spot for uninterrupted, real conversation.





Hot Water *For the Mind*

Increases overall feeling of happiness

While stress is unavoidable, what many of us don't realize is it also inhibits circulation and leads to heightened blood pressure. When we are overly stressed, our hearts work harder, and digestion slows down. Nearly every process in the body is negatively affected. Research has even shown that up to 80% of disease is stress-related.

Studies have shown that soaking in hot water helps boost circulation which results in a combination of increased blood flow and relaxed breathing. This naturally triggers the release of "happy" hormones like serotonin, dopamine, and endorphins, and reduces hormones like cortisol, creating feelings of ease and calm. The balance in hormones can help treat the emotional and physical symptoms of stress, anxiety, and depression. Find your sense of inner peace and live healthier and happier.

Hot Water

For the Mind

Improve sleep and increases energy

We sleep better when we're cooler. At night, our body temperatures naturally drop. This also prompts the production of melatonin, better known as the sleeping hormone - this helps prepare your body for sleep.

Warm water naturally raises your core body temperature. As you exit the hot tub, your body temperature will enter a cooling period. This mimics the pattern of body temperature changes before and during sleep. The rapid cooling down process has shown to ultimately help you achieve a deeper sleep.

Soaking in a hot tub regularly can also increase your energy level. The science behind it is related to cortisol levels in the body - if it goes up, it can consume energy and leave you drained. Studies have found that hydrotherapy reduces the amount of cortisol in the body by up to 50 percent, giving you that extra energy you might need to get through the day.

A person is shown from the chest up, submerged in a hot tub. Their eyes are closed, and their hands are clasped together in front of their face. The water is dark, and there are some bubbles visible. The overall mood is relaxing and soothing.

Hot Water

For the Soul

Improves overall mood and
encourages bonding and self-care

Hot Water

For the Soul

Connect with family, friends, and loved ones, device-free

Enjoying hot tub soaks as a family or group of friends is a fantastic way to bond together, provide fun for kids, and effectively relax at the end of the day. It is an inclusive activity that can be enjoyed by everyone of all ages.

We now spend more time with media and technology than ever before, and that's taking focus away from the relationships we have right in front of us. Many parents would also share that the time they spend together daily as a family is often filled with distractions. Unlike sitting in the living room, a hot tub invites everyone to be present and engaged, facing one another, free of distractions from electronics and devices.

A hot tub soak with family, friends, and loved ones will provide the perfect spot to put their screens down, be truly present, and really engage in connection and conversation while surrounded by warmth and relaxation. It is an intimate and cozy space, which creates the perfect setting for opening up, creating memories, and spending quality time with the people who matter most.



Hot Water

For the Soul



Elevate your backyard and spend more time outdoors

Something special happens when you make room at your home for a Beachcomber Hot Tub. Your place can become more than a house and external area – it can take a step up to become a garden of delight. A hot tub in your home can offer the perfect place to host family and friends. Around the hot tub, you can include backyard features to create an even more welcoming and fun environment. Afternoons ring with laughter, the sun sets to quiet conversations, and nights sigh under the stars while enjoying the most out of your yard.

One of the best ways to get some fresh air is from the comfort of a hot tub. It provides a relaxing environment that can be accessed throughout the year with your family, loved ones, or just by yourself. Rain or shine, warmer or colder, you can head outside and absorb all the healing properties that a hot tub can bring at the same time as you enjoy nature outdoors.


Studies have shown that time in nature can be an antidote to stress – it reduces feelings of isolation, promotes calm, and improves mood. Spending more time outside also helps with Vitamin D deficiency by exposing your body to sunlight on a regular basis, even in Winter. When it gets too cold to wear swimming suits, this can only comfortably be done from a hot tub while you admire your landscape, watch the sunset, listen to the birds sing, and smell the many different aromas of the seasons.

Hot Water *For the Soul*

Great opportunity for an instant vacation

A relaxing escape does not have to mean jetting off to an exotic and expensive locale. Having a hot tub at home is like having your very own backyard oasis and being on a vacation that does not have to end. This allows you to jump into vacation mode anytime without having to pack everyone's bags, research and book tickets, accommodation, and activities, or worry about travelling and jetlag. Just steps from home, it also provides the perfect and natural vessel for immersing in the beauty of nature while connecting and bonding with family, friends, and loved ones.

A getaway for a family can cost thousands of dollars. Beachcomber Hot Tubs, with proper maintenance and water care, have lasted over 30 years and counting. Vacations, on the other hand, are unfortunately never quite long enough. The daily use of a hot tub does a better and more economic job than vacations in maintaining the health, relationships, and mental clarity that contribute to daily happiness. A quality hot tub can be an investment for life, lasting decades and being enjoyed by many generations to come. Create your very own 28 feet of waterfront paradise right at home with a Beachcomber Hot Tub and find health and happiness in it every single day.



"When we went on vacation the second year we had a hot tub, we went fishing and camping for 2 weeks. Enjoyable as it was, the first week hadn't gone by when we were already missing our hot tub. We didn't miss home, our our bed, or our cats, we missed our Beachcomber hot tub!" – Brian and Phyllis Jones



A woman with her hair in a bun is seen from behind, sitting in a hot tub. The background is a dark, misty forest. A large, semi-transparent pink oval is centered over the woman's back. Inside this oval, the text 'Hot Water' is written in a bold, serif font, and 'For the Body' is written below it in a cursive script. To the right of the text, there is a white line-art illustration of a flower with fan-like petals.

Hot Water

For the Body

Helps with overall wellness and
general pain management

Hot Water *For the Body*

Lowers Blood Pressure

Soaking in a hot tub can help raise your heart rate and lower your blood pressure. When your body is submerged in a hot tub, the warmth causes the blood vessels to expand, blood flow to increase, and resistance on the heart is lessened – this leads to an overall lowering of blood pressure. This also allows an increased supply of oxygen, antibodies, and white blood cells to pump throughout your body.

Studies suggest heat therapy offers a simple and effective tool for improving cardiovascular health in various populations, and hot water immersion may have “robust” effects on vascular function and blood pressure, especially

among those with limited ability to exercise. In another study, with a large elderly Japanese population, habitual hot spa – bathing was significantly associated with a lower incidence of cardiovascular disease and protection of cardiovascular function in middle-aged to elderly Japanese subjects. It has been found that immersion in a hot tub for 10 minutes may lower blood pressure and is likely safe for most people with treated high blood pressure.

If you have chronic heart issues or low blood pressure, be cautious and always check in with your doctor.



Hot Water *For the Body*

Improve Blood Circulation

Proper circulation is key for maintaining optimal health. It ensures that blood and oxygen flow throughout the body, allowing every organ to function properly. It helps to heal wounds faster, keeps your brain and heart healthy, and can also help cell growth. As you submerge your body into the warm water, you'll immediately feel your muscles loosen up, and your stress starts to melt away.

In addition to helping you relax after a demanding day, a soak in your hot tub can temporarily help with poor circulation. Dipping the body in hot water is an exercise for your blood vessels. This happens because water creates physical pressure on the body, increasing our heart's capacity. In other words, the heart works faster and stronger when we're inside a hot tub. Warm hot tub water increases the supply of oxygen, antibodies, and white blood cells pumping through your body.

"Both my husband and I suffer from arthritis, and Gordon has tendonitis in both arms and shoulders. He has suffered from steady pain for more than 15 years... and our Beachcomber hot tub has done wonders for Gordon. He still has to be careful of the heavy work he does, but the pain is gone. I wish we had known this years ago."
- Jamie Drost.

Hot Water *For the Body*

Muscle and joints relaxation

Good things happen when we slip into a hot tub. We might feel a little bit lighter. We're lifted up, and maybe it is also a gentle reminder for us to let go of what is weighing us down. This is because the body adjusts to the water pressure from the surrounding water, which reduces our body's weight by about 85%-90%.

The amount of weight put on the joints due to gravity is eased with water immersion, and pressure is relieved on the joints, ligaments, and muscles. Water buoyancy while soaking in the hot tub also promotes easier, pain-free movement and an improved range of motion.

The hydrotherapeutic massaging effects of the hot tub jets on your muscles are also an effective way to help relax and soothe tight, tense muscles. Your body will need time to cool down to avoid inflammation as well, so it is best not to hot tub directly after exercising.



Did you know...

Hydrotherapy has been found to improve the physical well-being of patients with fibromyalgia and arthritis.

Warm water on the body and the hydrotherapeutic effects of the hot tub massage jets aid in decreasing joint swelling and inflammation, reduce stress on the body, and calm the mind. Exercise can help relieve the symptoms of arthritis, and doing low-intensity exercises and stretches for short periods while soaking in a hot tub helps keep the body and joints active and moving with less resistance.



Hot Water

For the Body

Boosts Immune system

Have you ever wondered why your body temperature rises when you've got a fever? It's because your body is fighting back against the virus, and heat is one of your body's best defenders against invaders. A hot tub can also be a vital weapon against colds and viruses. In fact, research has shown that, when used regularly, it's an effective way to boost your immune system and overall health.

A 15-30 minutes soak a day in your hot tub will improve your circulation, delivering oxygen and nutrients to your body's cells while removing waste products. Blood flow is quickened throughout the body, and the production of white blood cells increases – a key ingredient for fighting off infection and disease. These cells get carried by the bloodstream to the parts of your body where germs are present and help the body fight off infection and disease.

Additionally, the heat of the hot tub water also offers natural detoxification. As you perspire, toxins and chemicals are brought to the skin's surface and are washed away by the water.

Improves Inflammation

Physical stress, such as exercise, can cause short-term inflammation. A recent study has found that hot-water immersion improved inflammation and blood sugar levels in people unable to exercise. The research has shown that raising body temperature in hot water showed positive results of decreased inflammation and improved insulin sensitivity.

Previous studies have also found a connection between a spike in body temperature and nitric oxide production, a substance that aids blood flow and helps carry glucose throughout the body. This offers an alternative for the elderly or people with disabilities an alternative form of physical activity and treatment.

Hot Water *For the Body*

Calorie-burning

Not only are hot tubs great pre-and-post working out, but they also serve as a mini workout in and of themselves. While relaxing in your hot tub is not a substitute for a cardio session, a hot tub soak has been shown to burn as many calories as going out for a short walk. In a past study, participants soaked in a waist-high hot bath for an hour and burned about the same number of calories as a 30-minute walk. That's not to say that it should take the place of exercise, but it might help metabolism, especially for those unable to exercise. The New England Journal of Medicine found that patients who used a hot tub regularly lost over 1 pound a week just by soaking in the hot tub.



Did you know...

that working out inside the hot tub offers a safe, low-impact environment for simple exercises?

Basic exercises such as shoulder rolls, heel raises, leg lifts, and arm circles can be great hot tub exercises. This is particularly beneficial for anyone with joint pain, sports injuries, or wanting to combine therapeutic exercises with the soothing heat and buoyancy of warm water. Remember, before starting any new exercise regime, it's always a good idea to get the go-ahead from your doctor.

Hot Water *For the Body*

Improve skin health

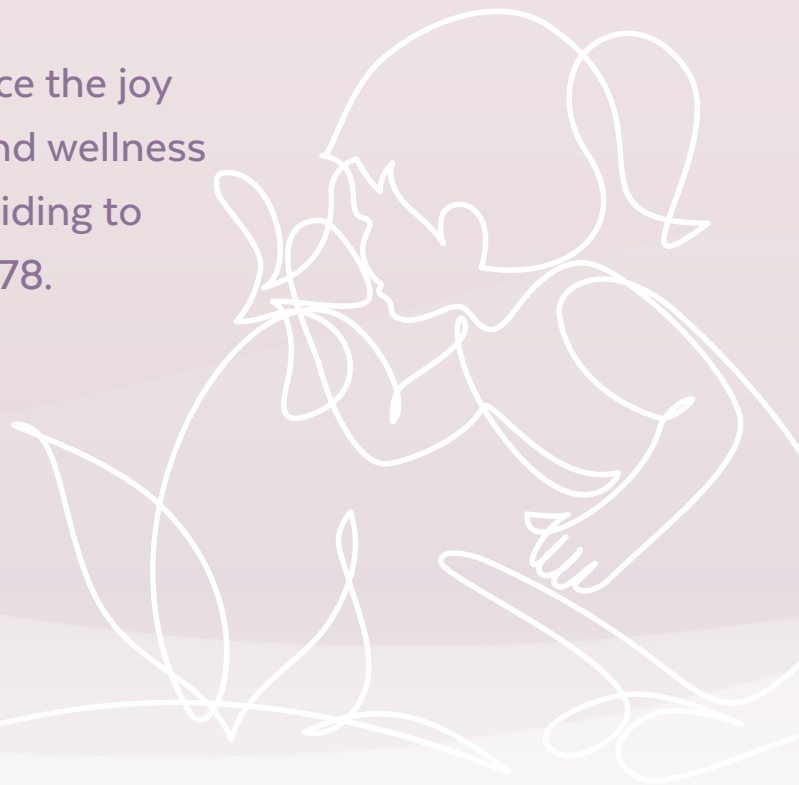
The steam from a hot tub soak can also benefit your skin in many ways. It can open up pores, which helps loosen any buildup dirt and release trapped sebum, dead skin cells, bacteria, and other impurities that clog the pores and contribute to acne. Increased blood flow and circulation also nourish the skin with oxygen, bringing out a natural healthy glow in your skin. As an affordable and accessible alternative to facial spas, enjoy this versatile and luxurious skin treatment right at home. Do consult your dermatologist if your skin type is suitable or if you have sensitive skin.

Can ease the appearance of cellulitis

Numerous studies have shown that immersing yourself in hot water can benefit both the body and mind. One of the many benefits of soaking in a hot tub is improved blood circulation. When muscles are warmed, and the body is immersed, it allows better circulation throughout your body. It also tones the body tissue, reduces fluid retention, and relieves swelling. All these benefits combined can result in the reduction of cellulite. Even though cellulitis can never be fully eliminated, it has been proven that improving blood circulation to the affected areas can reduce the appearance of cellulitis.

At the end of the day,
no amount of scientific
explanation can replace
what the actual 15 minutes
of soak in a hot tub several
times a week can do for you
and your loved ones.

We can't wait for you to experience the joy
and relaxation, health benefits and wellness
that our hot tubs have been providing to
our Beachcomber family since 1978.



SAFE SOAKING

The content on this ebook should not be used as a substitute for direct medical advice from your doctor or another qualified clinician. The use of hot water may not be suitable for everyone and may carry certain risks. Consults with your physician are strongly recommended before soaking in hot water. All product guides, recommendations, and warnings should also be heeded before use.



Ask about our

Beachcomber FREE 100-Day In-Home Trial

For over 40 years, Beachcomber has been handcrafting hot tubs of the finest quality, best value, and unparalleled comfort. We have been proud to introduce our customers to the joys of hot tubbing and a healthier, and happier way of living. We are so confident in our hot tubs as a proven health and wellness appliance, that we offer The Beachcomber FREE 100-Day In-Home Trial, which will provide you and your family the stress-free time to ensure that you have the right hot tub. With every new Beachcomber Hot Tub, rest assured that they are all handcrafted and made to the highest quality manufacturing standards, and are backed by our Premium and Premium Extended Guarantees. The Beachcomber FREE 100-Day In-Home Trial ensures that you will be 100% happy with your Beachcomber Hot Tub. We are happy, only when you're 100% happy!



Learn more from a Beachcomber Specialist, or book a 'Dry Run' or 'Wet Test' to experience the Beachcomber Difference.

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The information from this ebook, is referenced from various sources as listed below:

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