



Q & A for Hydromassage Therapy

Why do we offer hydromassage therapy?

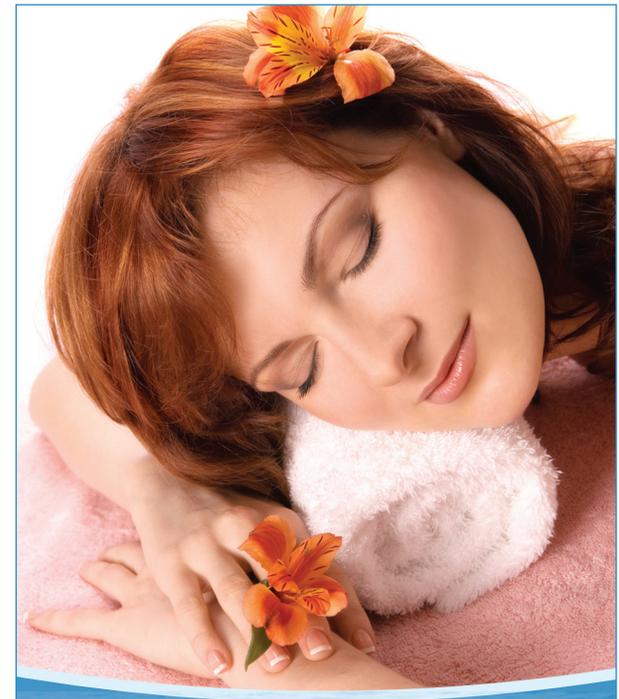
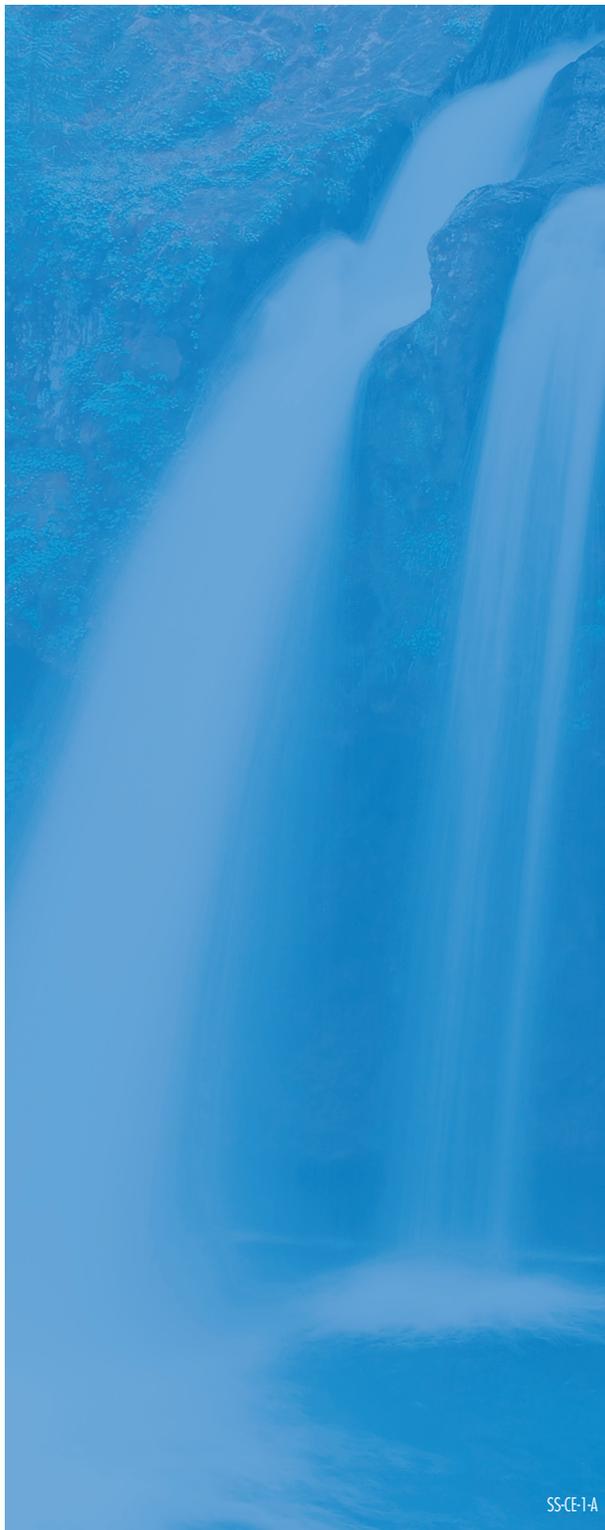
Hydromassage is used to relax your body, reduce muscle spasms, increase circulation, and it's an effective alternative to hands-on massage.

How do hydromassage tables work?

Heated water is pumped, under pressure, through a series of rotational hydrotherapy jets inside a water filled mattress. The water pressure against your body provides the massage and is similar to the action of a hot tub.

What does hydromassage feel like?

Hydromassage can affect each person differently but primarily it produces an overall relaxed feeling. You will be soothed by the heat of the water and any pain or tension in your neck, back or shoulders should diminish.



Hydromassage Therapy

Enjoy our soothing hydromassage treatment designed to provide total relaxation and an escape from everyday life.

Enjoy Total Relaxation With Hydromassage

Relax and Reduce Pain with Hydromassage



Imagine how you felt the last time you were in a hot tub. The warmth of the water

relaxed you and the pressure of the water jets against your body soothed your aches and pains. Now imagine feeling this way without undressing or getting wet. That's what our hydromassage tables feel like. Just lie back, set the timer and within fifteen minutes you will achieve a state of total relaxation.

Hydromassage is private, affordable and no one touches you. It's just you and the table in a quiet area. 15 minutes is all it takes.

Hydromassage—An Effective Alternative to Hands-On Massage

There are many advantages hydromassage has over traditional, hands-on massage. The tables combine flotation, heat and massage to produce the therapeutic effects.

- Hydromassage is done through the clothing to save you time and the potential embarrassment of having to get undressed.
- There are no oils so you don't feel uncomfortable afterwards.
- Because it takes only 15 minutes, even the busiest person can find the time to use it.
- You relax more deeply as hydromassage is done alone.
- It's inexpensive—anyone can afford it.
- It targets key tension areas where people usually need massage—the neck, back and shoulders.

Benefits of a 15 Minute Hydromassage Treatment



- Diminishes aches and pains
- You will move easier and with less pain
- Increases blood circulation to help your body function better
- Feel more relaxed and calm
- Helps reduce stress and fatigue so your mind is clearer
- Helps relieve your pain so your body can function more normally
- Promotes tissue healing and repair
- Helps remove metabolic toxins
- Lessens general nervousness
- No need to undress
- Safe and affordable

