

## What Is A Home Spa?

By: Song Meng Tan

Traditionally, a Spa was a natural mineral spring people would bathe in for positive health benefits. Over time, the idea evolved to the point where you can now have a massage spa experience in the comfort and privacy of your own home.

Between 1970 and 1997 is the time when home spa's made the most progress in their designs. They grew from a makeshift redwood hot tub full of leaks and bacteria to a masterfully engineered miniature pool with jets and streamlined for comfort. Pumps were installed by the manufacturers for water circulation and filtration and sanitization was introduced as an important factor for healthy spas.

A spa is an experience where a person improves their health through water. While soaking in warm water has proven to relax muscles and release tension, air and water jets serve to massage and stimulate circulation. Having a massage spa leaves you refreshed, invigorated, revitalized and relaxed and the increase in blood circulation offers positive healing to your whole body.

The problem with visiting health spas in commercial venues is the high cost. If you want to introduce massage spa's as part of your lifestyle, it can be very expensive to make regular visits. With a home massage spa, you have one amount to pay, then it is yours forever to use whenever you please! Whether you prefer to sink into the relaxing depths alone after a hard day at work or would like to invite a few friends over for a spa party, you will always love your home massage spa as if it were a best friend.

Many people who have an injury or health issue have chosen to install a home massage spa. Whether your problem is internal or external, using spa massage will have positive benefits for you. Anything that causes you to relax and reduce stress levels frees up more of your bodies energy to focus on healing your problem. For anything muscular, spa jets are the perfect personal massager! You can position yourself weightlessly and effortlessly in almost any position you can imagine to direct the jets to massage your problem areas. This improves recovery times for athletes and enhances long-term repair of damaged tissue.

In today's fast-paced environment, everyone's minds are racing through thousands of different thoughts and stresses every moment of the day. Dedicating time to clearing your mind of worries and allowing yourself to achieve deep healing relaxation can be difficult, but not when you have a massage spa! All your problems, stress and thoughts will melt away when you relax in your home spa and being in your own environment will mean you can really let your hair down and enjoy the experience to the max.

A less expensive alternative that offers just as many health benefits is installing a portable home spa. This is a fantastic modern day invention that can turn your regular bath tub into a luxury spa massage for you and the whole family. Another benefit to this option is that you can easily take it with you when you move or use it in multiple bathrooms in your home.

The idea of having a home spa is to simulate the experience of a natural mineral spring or spa resort. The healing benefits have long since been known for massage and warm water soaking, and using the method regularly with a home spa will increase longevity and improve your overall health mentally, physically and emotionally

### About The Author:

Song Meng Tan maintains <http://www.hydrospabusiness.com>. This content is provided by the author and it may be used only in its entirety with all links included

Article Source: [www.isnare.com](http://www.isnare.com)