Kathy and Carlos

Gender: Female

Languages Known: English

Gallery:
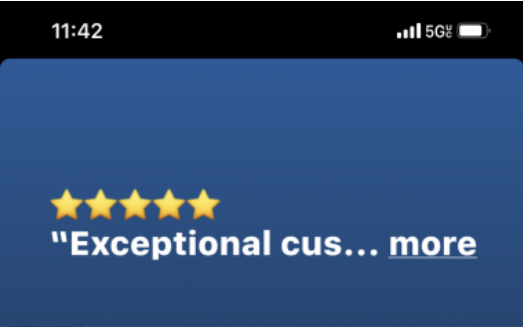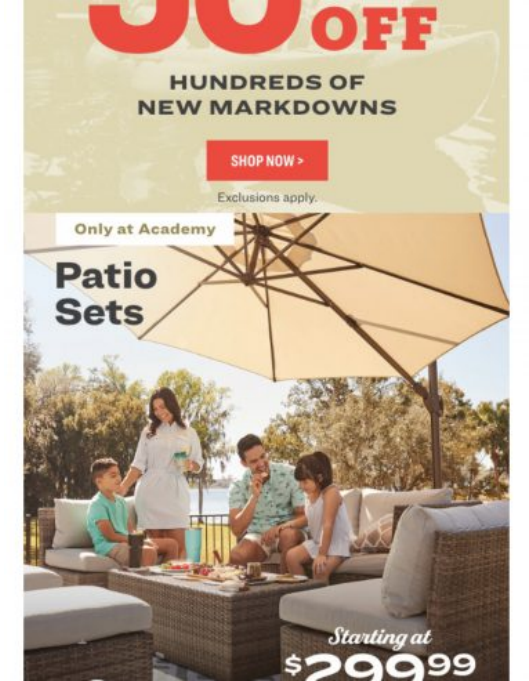
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muscle pain.

- Promote blood flow.
- Relax tight muscles.
- Help you get a better night's sleep.
- Promote healthier, younger-looking skin.

Let's take a closer look at some of the proven benefits of hot tubs.

1. Reduced Stress

That feeling of bliss that washes over you after a few minutes in a hot tub isn't just your imagination.

As New York-based dermatologist Dr. Bobby Buka told Healthline, "your skin releases endorphins in response to the soothing warm water the same way that endorphins are released when you feel the sun on your skin."

Endorphins are natural brain chemicals that are