

## Wellness Lifestyle with a Spa / Jacuzzi

The most popular worldwide term for a whirlpool is a Jacuzzi. In other terms a tub which contains hot water with temperature of between 32 - 36<sup>o</sup> c and immersion in this tub is hydrotherapy. Life is short and a Spa / Jacuzzi lifestyle should be a priority given the means.

Historically hydrotherapy was found in Egypt and the Middle East where the rich and royalty bathed in hot water and understood the medicinal value of water. Commercially the Jacuzzi brothers of Italian origin who had emigrated to the US invented the Jacuzzi as we know it today starting in the 1950s and refined the idea in the 1960s to create the jetted tub. Their efforts commercialized the benefits of hydrotherapy and creation of spa/Jacuzzi includes as we know it today. This was from a simple desire to treat a family member of arthritis symptoms.

The spa experience was further refined in the mid seventies by the brothers Jon and Jeff Watkins into a spa that would be hot and ready for use at any time. Instead of the large heater and filling up time of jetted bath tubs, they designed a thermoplastic one piece spa shell with a tiny circulation pump and small heater. This invention revolutionized the industry and created the spa or “full” Jacuzzi as we know it today. The Watkins brothers were decades ahead of others and recognized the need for energy efficiency and created a shell which was thermoplastic, fully insulated and with lockable covers. Today the company they founded in 1976 is the world’s leading innovator and largest manufacturer of spas having made their first million spas in 2011.

In general hydrotherapy may be used to treat sleep disorder, headaches, depression, joint and nerve problems. Hot water immersion combined with the massage effect of air bubbles bursting on your skin creates tremendous well being.

As always, an alert on safety aspects, hot water must be filtered and hygienic. Preusage bathing for users is highly recommended especially in a commercial environment. Pregnant ladies are discouraged to use hot tubs. An immersion time only of 15-20 minutes is recommended as extended usage may cause hyper thermia or extreme temperature alleviation and which can create medicinal emergencies. As with swimming pools all suction fittings are supposed to be antivortex and which is a neglected issue in most spas in Kenya – this issue was addressed in a previous issue of Build Design. Most quality Spa / Jacuzzi have lockable covers preventing misuse and for child safety.

The hot tub experience is one of the best investments in health and wealth and a daily fifteen minute soak culminates in a spectacular life experience

- Your body responds psychologically with increased body temperature and blood flow and circulation
- The buoyancy of water makes you feel weightless and relieve joints
- Eases stress and creates well being
- Prompts quality time for yourself alone or together with family or friends. Phones generally are left aside and direct communication established
- The massage experience relieves pain and creates warmth in the joints and muscles

- Direct health important include increased mobility and strength in patients with osteoporosis or arthritis
- Key to the above is the hot water temperature and quality of the massage experience

Available forms of hydrotherapy are:

1. Jetted Bathtubs – Basic
2. Concrete Whirlpools / addition to pools
3. Proper Spa /Jacuzzi for example : [www.hotspring.com](http://www.hotspring.com)

Most middle and upper class residents have a Jacuzzi or jetted bathtub. This is a most neglected and unused feature popularized by marketing trends. To fill a bathtub usually takes up to half an hour. There after you immerse yourself in a bathroom. Given the cost and size restrictions and the placement of the bath tub inside bathrooms, countless surveys deem the jetted bathtub as not required. The jetted bathtub may be used initially, but the cumbersome manner in which the water has to be filled and the basic massage effect leads to a rarely utilized feature. Beyond the above, the pipes and jets become a breeding area for infectious bacteria. Rarely are these pipes sanitized. A jetted or luxurious shower may be utilized better today!

Concrete spas or additional jets inside a swimming pool look lovely, but rarely meet the qualities of a popularly designed Spa / Jacuzzi tub. Concrete spas involve installation of special hydrotherapy jets together with air controls or air venturies and or air blowers. An additional filter unit together with optional sanitizer (chlorinator or ozonater) and heater are required. Generally this is a tedious and expensive exercise if done to the required standards and the hydrotherapy effect diluted in comparison with a quality readymade spa / Jacuzzi from the makers of Jacuzzi or the world's top most manufacturers, Hotspring Spas. For pools, the jets are rarely used unless the pool is heated, generally basic and even then not up to the Spa / Jacuzzi required massage effect.

The ideal option for hydrotherapy is a professionally manufactured Spa / Jacuzzi with unmatched massage experience and a professional sanitization system providing crystal clear spa water. In the past fifty years, spas have developed in a parallel manner to the automobile industry and almost to the same levels of sophistication. Spa / Jacuzzis from quality manufacturers provide an unrivalled hydrotherapy experience. This starts with appropriate hot water temperature to clean and hygienic water to different strength and types of jets.

A quality Spa /Jacuzzi lifestyle is one of the wellness lifestyle investments you should make at the earliest. By making a Spa / Jacuzzi part of your everyday routine life will be more pleasant and relaxing. Invest in a quality spa from established manufacturers for a lifelong return on wellness.