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HEALTH BENEFITS OF HYDROTHERAPY

Hydrotherapy (or balneotherapy) is one of the oldest and safest methods for improving one's health and overall sense of well-being. One of the principle effects of hydrotherapy is water buoyancy. Hydrotherapy is known to enhance blood circulation, decrease blood pressure, improve skin tone, relax muscles and stimulate the immune system. In addition, endorphins are released that ease pain and have a relaxing effect. Exercising in water is easier on joints than exercising on land. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any Library staff member.


