

## **HYDRO MASSAGE**

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Hydro massage is a type of massage based on the therapeutic use of warm water. The essence of hydro massage is applying massage techniques to the human body (thermally, mechanically, or chemically) through the water (which can be mineral, acerous or any other). Hydro massage helps to relax muscles, increase blood circulation, and relieve muscular pain and tension.

Hydro massage therapy can help alleviate muscle and soft tissue injuries caused by low back pain, arthritis, chronic and acute pain, tendinitis and stress management and many more diseases and ailments.

Hydro massage therapy is excellent especially with stress management techniques.

Hydro massage as a proven natural remedy has been known and used for years. The history of hydro therapy goes centuries back, as far as ancient Greece.

Since the sixties of the twentieth century, hydro massage has been gaining popularity. Every year more advanced hydro massage tools and equipment appear, making it easily available to many people, as these tools and equipment can be easily used at people's homes.

Today the hydro-massage is still widely popular and used for the ailments and conditions listed and much, much more. It is one of the most requested and popular forms of massage.

There are many hydro massage methods, for instance, underwater manual massage, jet massage in the air, high-pressure water massage and many other.

Hydro massage creates awareness of the body, reduces anxiety levels, gives a sense of well-being, improves the ability to monitor stress signals, gives a feeling of peace of mind, it also helps to alleviate discomfort caused by pregnancy, provides with a relaxed state of mental alertness, helps treat athletic or job related injuries, tension related headaches and post-operative rehabilitation.

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