Cultural Daily

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Five reasons why baths are great for your health

Our Friends · Friday, July 17th, 2020

Very few things can put a smile on a person's face like learning that something they enjoy is good for them. Bath lovers around the world will rejoice when they learn that taking a luxuriating hot bath has several healthy benefits. Many cultures acknowledge this and have included baths as part of their long-standing traditions. The following are five reasons why baths are great for your health.

1. Bathing Can Improve the Function of Your Brain and Your Nervous System

When your body is submerged in water, you might experience pain reduction and a reduction in inflammation. Both things will calm the nervous system. Being submerged in water can reduce stress levels and anxiety. In fact, many people who suffer from multiple sclerosis and other infirmities that impact their neuromuscular health benefit from hydrotherapy. The temperature and the pressure of the water can help multiple sclerosis sufferers relieve spine pain and discomfort.

2. Fight Joint Pain and Stiffness by Bathing

Soaking your body in warm water, whether you add minerals or not, is a millenniums old form of medicine. The reason this treatment has stood the test of time is because it works wonders on your musculoskeletal system. Individuals fighting arthritis, lower back pain, and fibromyalgia may benefit from taking a warm bath.

Bathing reduces the force of gravity on your joints. It provides 360 degree support for your aching limbs. Sitting in a warm bath may decrease inflammation while increasing circulation. Since it is a moist heat, it penetrates into your muscles and bones in a way that a dry heat, such as from a heating pad, cannot.

You can make your bath feel even better by adding in a CBD bath bomb. These bath bombs come in a variety of scents including Frankincense, Lavender, and Eucalyptus Blend. Besides being so easy-to-use, a CBD bath bomb also gives you the chance to soak away the stress of everyday life while getting some much-needed support.

3. Bathing May Help Make Breathing Easier

When you relax in a bathtub that has water up to your neck, your lung capacity improves. Different temperatures of water may improve your breathing in unique ways. For example, if you bathe in warm water, your heart beats faster and your body absorbs more oxygen. The warmth may clear

your sinuses and your chest, which may improve your breathing. Lukewarm water has been shown to help some people reduce the chances of infection from COPD.

4. Bathing Can Balance Your Hormones

Some individuals battling with chronic fatigue syndrome or infertility use baths to regulate their hormonal imbalances and find relief. The adrenocorticotropic hormone, as well as other hormones created by the pituitary gland, can become more balanced through submersion in cold water.

Warm water has been shown to increase levels of serotonin. This is the hormone that makes you feel happiness and overall well-being.

5. Baths Moisturize Your Hair, Skin, and Eyes

Bathing can help moisturize your skin, hair, and eyes. However, use warm water as opposed to hot water. Also, limit the amount of time you bathe to 15 minutes. Moisturizing your skin immediately after a warm bath may help your skin hold onto moisture longer.

There is a reason that bathing has been a tradition in many cultures for thousands of years. It's good for the heart, mind, and soul.

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