



## Crystal River Spas Introduces New Health and Wellness Resource Newsletter

Stay informed and connected on the mind and body benefits of hydrotherapy

**September 20, 2016, Carbondale, CO** -- Today Crystal River Spas is excited to introduce the launch of their new health and wellness initiative, focused on providing resources about the incredible benefits of hydrotherapy to our active, outdoor-centric local community. With the addition of a resource driven [page on their website](#) and [subscription based e-newsletter](#), Crystal River Spas aims to be the go-to on the incredible benefits of hot water immersion therapy.

*“At Crystal River Spas, helping people is our priority, so we are excited to begin offering regularly delivered resources about how hot water therapy can benefit the health and wellness of our active local community.”* said owner Jake Boyles.

Sitting in a hot tub of water is Crystal River Spas' expertise. Beyond the fun and social aspects of hydrotherapy, hot water soaking has been scientifically proven to have profound physiological benefits. According to Dr. Bruce Becker - a physiatrist, researcher, and author with a lifelong interest and expertise in aquatic therapy - some science-backed benefits of soaking in your hot tub include:

- Lowered blood pressure
- Increased blood flow throughout the body
- Improved respiratory function
- Muscle, bone and joint relief
- Healthier kidney function
- Improved brain, balance, and sleep

*“Owning a hot tub allows our clients to get up each day and do what they do - whether that's concrete work, or a ski patroller, or just the fact that you've had a hip replacement but you love cycling - and if you can get that therapy from your hot tub, then you can go ride that path or go ski a couple of runs because you know you can instantly heal your body”* Jake shared in a recent [‘Local Business Spotlight’](#) segment on RadioCMC.

Staying informed and connected to beneficial resources on these topics is now easier than ever, where community members can follow Crystal River Spas on [Facebook](#), [read articles](#), or [subscribe](#) for health and wellness resources sent directly to their inbox. Subscribers can look forward to articles, tips, stories from real people, downloadable resources, and more - for those with or without a hot tub.

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Crystal River Spas is the Roaring Fork Valley's Top Hot Tub Expert and Exclusive Distributor of HotSpring Spas, the world's No. 1 selling spa brand. With 13 spas on display in the showroom, the Valley's largest fleet of professional servicemen, and a deeper connection to the incredible health benefits of hot water soaking, Crystal River Spas is the Valley's go-to hot tub resource.

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