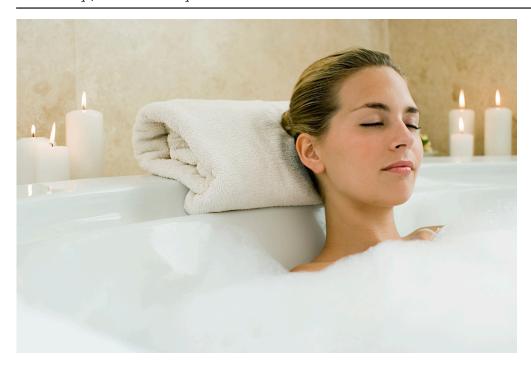# 5 Benefits of a Bubble Bath

Written by AZFoothills.com
Wednesday, 24 February 2021 09:23 -

Studies show that 73% of people report experiencing stress that impacts their mental health. Are you currently experiencing stress? What areas of your life are bringing on the most stress? How do you cope with stress?

While it is extremely difficult to lead a life with zero stress, people must find a way to cope with it that works best for them. Taking time to relax can be helpful in alleviating stress.

Keep reading to learn about the benefits of a bubble bath, including dealing with stress:

Promotes Better Sleep

A great night of sleep sets the scene for the day ahead. When we wake up feeling recharged and ready to attack the work before us, we tend to perform better. Everyone knows what it feels like when you wake up tired and are fighting to stay awake and alert for the rest of the day.

Taking a bubble bath before bed can help you get better sleep. This has to do with the science behind how we fall asleep. At night, our bodies have a temperature drop that signals our body to start producing melatonin which helps us sleep. By taking a hot bath shortly before bed, your body will be very warm. The temperature drop then becomes more dramatic than normal and can help you achieve a better quality of sleep in the process. Being in a relaxed state will help release

Relaxes Your Muscles

Both hot and cold water have the effect of reducing inflammation in the body from a workout or even just the tense feeling from sitting at a desk for hours at work. A hot bubble bath will help relax your whole body, thus relaxing your muscles.

A routine bubble bath will prevent your muscles from getting too tight over time or causing unnecessary aches and pains that could grow into something more serious. Don't wait until you are in pain to act. Be proactive in your approach and take this simple step in the right direction by using bubble baths to wind down.

Improves Blood Circulation

Another one of the physical benefits that taking a bubble bath brings is an increase in your blood circulation. When you increase your blood circulation, the blood can flow more easily throughout your body and can reduce your blood pressure as a result.

This is important because there are important processes happening inside your body while you are simply relaxing in a warm bubble bath.

Strengthens Your Immune System

Having a cold can be a miserable process. You could be under the weather for a few days to a few weeks depending on how your body fights off the cold. Taking a bubble bath can help to strengthen your immune system and be a weapon against your current cold.

Taking a bubble bath won't eliminate the cold completely but it has shown to be helpful in reducing cold and flu symptoms. People are encouraged to inhale steam through a sauna or hot bath when fighting a cold because it allows their nasal passages to open up and makes it

easier to breathe as a result. Consistently taking bubble baths is a form of self-care and the more you are taking care of your body, the less susceptible it will be to sickness.

Enjoy Time to Yourself

Whether you live alone or have a family with several children, everyone could use some alone time to decompress after a long day at work or a hard workout at the gym. While it may be hard to find a quiet moment during the day, incorporating a bubble bath into your routine could be the purposeful quiet time that you have been looking for.

Now if you are ever interested in experiencing an outdoor spa for some of these same benefits in the future, you should check out the nordic spa spots in Canada on your next vacation.

It is hard to ignore the many benefits of a bubble bath. If you are interested in capitalizing on these benefits, invest in bubble bath products and draw up a hot bath today. Making this a part of your routine, especially in times of high stress, can help you relieve that stress and feel better sooner.