

The mental and physical efficacy regarding a full body immersion using a day visit hot spring and self-stretching in bath tab continuously

Yasuaki G⁽¹⁾

⁽¹⁾Japan Health & Research Institute, Japan

Purpose. The purpose of this study is to examine the mental and physical efficacy with a full body immersion using a day visit hot spring and self-stretching in bath tab continuously.

Methods. Subjects are nineteen healthy adults (average age; 50.7 y. o., SD;11.4 y.o.) who have agreed with the informed consent for participating in this study. We let them perform 8 minutes bathing in hot spring of 41°C and self-stretching in bath tab for one week. Before and after the intervention (the first day and 8 days later), maximum 2 step width, functional research, acceleration pulse wave (manufactured by YKC, TA9view), evaluation of mental and physical condition (Visual Analogue Scale), SF-8 acute edition, condition of mood (POMS) were examined. This study was approved by Ethics Committee in Japan Health & Research Institute.

Results. The results examined one week after the intervention in terms of maximum 2 steps width, functional research, systolic blood pressure, the condition of health in peripheral vessels estimated by acceleration pulse wave showed significant improvement