

**HYDROMASSAGE.**

## FAQS



### **WHAT ARE THE BENEFITS OF USING HYDROMASSAGE?**

HydroMassage helps rejuvenate tired and sore muscles, aids in muscle recovery, loosens up tight muscles, and encourages relaxation.

### **CAN I USE HYDROMASSAGE BEFORE OR AFTER A WORKOUT?**

HydroMassage can be used for post-workout recovery, unwinding after a long workday, or at any time to reduce stress and anxiety.

### **HOW MANY TIMES A WEEK CAN YOU USE HYDROMASSAGE?**

HydroMassage can be used every day for a relaxing and rejuvenating massage.

### **HOW DOES HYDROMASSAGE COMPARE TO HANDS-ON MASSAGE?**

It wasn't designed to replace hands-on massage; however, it may provide a more convenient way to enjoy the benefits of massage more regularly, without the time or expense required for hands-on massage.

### **CAN I USE HYDROMASSAGE IF I HAVE A SPECIFIC MEDICAL CONDITION?**

For any specific medical conditions, we always recommend consulting with a physician prior to use.