

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.