

Massage

A great way to relax and unwind. Our unique massage chair is exactly what you need to release everyday tension and stress

Massage chairs have a proven track record of alleviating all sorts of pain including headaches, common body aches, chronic neck/shoulder/back pain and so on. Studies show that massage therapy decreased cortisone levels and increases serotonin by an average of 28%. Serotonin is one of the body's anti-pain mechanisms.



Informational Events



Weekly educational events from health experts, entrepreneurs, and mindset results coaches.

For more event schedules and details, please refer to our website.

Check out our The Best Hydrogen Water Products:



The Best Hydrogen Water



Known for its powerful benefits for whole body detoxification, lowering inflammation and improving gut health and so much more!

Molecular hydrogen has a wide array of benefits that can enhance your overall health and lifestyle, including:

- Improves skin quality.
- Reduces inflammation.
- Lowers joint pain.
- Reduces muscle fatigue.
- Relieves pain.
- Slows the overall aging process.
- Lowers muscle degeneration.
- Enhances mitochondrial function.
- Provides benefits in over 170 disease models(www.hydrogenstudies.com)

The Best Hydrogen Water has been treated to ensure we are removing lingering contaminants that are found in our water supply. Ensuring you are getting the best filtered water as well as the added benefit of Hydrogen.



HEALTHY HYDRATION
HOME SERVICES



MISSION

Here at Healthy Hydration Home Service our mission is to help the body get back into balance by letting go of stress. Stress is the number one thing linked to all disease and when we manage stress our body can balance and start to heal itself.

“Feel what it feels like to feel good!”

Inspiration Behind Our Mission



CEO Amanda Bobbett spent 8 years in a very uncomfortable body, going to doctor after doctor taking pill after pill wondering what was wrong with her body.

Being clinically obese, losing her menstrual cycle for eight years having adrenal fatigue, heavy metal poisoning, and a host of other symptoms. Amanda was inspired when she tried hydrogen water as a way to help her body recover.

Because of her results she went on mission around the globe to share her results and the benefits of letting go of stress and supporting the body.

Amanda is passionate about helping each and everyone learn how to balance the body so the body can heal itself naturally!

Brain Tap Therapy

Everything starts in your mind. We can now measure your brain wave patterns and see just how your brain functions and how it handles stress.

Once we look at your results from your brain scan, we can then work on the next step - lowering the stress in your brain so your mind and body can work as one in a balanced state.



Benefits of Brain Tapping:

- Stress Relief
- Feeling Calm and in Control
- Releases Stubborn Weight
- Increases Energy and Productivity
- Lowers Inflammation and Pain
- Mental Sharpness and Clarity

BrainTap creates balance between mind and body. Helps your body let go of stress. Studies prove by brain tapping regularly it will increase your overall well-being.

Yoga

Yoga is a staple to any wellness routine. Yoga will assist your body to become relaxed, balanced, and give intention and focus to your day.



Our classes cater to any level of practice, beginner through advanced. We offer many different styles and classes that are conveniently scheduled to fit anyone's busy lifestyle.

The general classes we offer are as follows:

- Hatha - slow and more on static posture.
- Flow - focuses between breathe, movement and mind.
- Yin - slow paced with passive, longer-held poses.
- Chair - gentle yoga done sitting on a chair or standing on the ground.

Sound Frequency Medicine Device

Sound travels through all time and all space making this therapy one of the most popular and effective therapies when it comes to the healing process, and getting your body results fast.

Backed by many scientific studies proving its effectiveness.

Here are the list of the some well known benefits:

- Reducing stress and anxiety
- Improving sleep quality
- Relieving pain
- Improving cognitive function and memory
- Enhancing well-being and relaxation

Just a 10 minute session is able to help your body burn 240 extra calories and stimulate every cell in your body to release toxins and waste products. So that you can look and feel your best everyday.



Photobiomodulation

Red light therapy offers body fat reduction, improvement of skin tone and inflammation, fast recovery from injury, brain and mood support, as well as balancing hormone issues in the body.



Just a 10 minute session a few times a week is all you need to start experiencing the amazing benefits.

Hydrogen Inhalation

Not only can you drink Hydrogen gas and bathe in Hydrogen, you now can inhale it as well! Excellent for brain and lung health!

Hydrogen gas inhalation improves lung function and protects established airways by lowering inflammation in people who suffer from asthma and allergies.

Sessions last 20 to 30 minutes. Best results are found if used 3 to 5 times per week.



Hydrogen Spa



Hydrogen can be used in many different applications, with our Hydrogen Spa your skin will feel the benefits helping to increase collagen production, fine lines and wrinkles, and give your skin the everyday glowing effect. We also add heat to relax you and open your pores to allow more Hydrogen to be absorbed into your system.

One session usually lasts 20 to 30 minutes, please book ahead of time.