

Q2 2022

waterpik POWERPULSE Therapeutic Strength Massage At-home relief solutions to keep you moving

Discover tools to manage your hearing from the AARP Hearing Center.

AARP
Donate Volunteer Help Member Benefits
AARP Rewards Hi, Marco

BRANDAMP BY AARP What's This? FIND CONTENT BY waterpik

3 Ways to Relieve Stress After a Long Day

These simple practices help you end the day feeling relaxed and refreshed

by Waterpik (Paid Content)





PHOTO CREDIT: GETTY IMAGES

It's easy to feel exhausted and depleted after a long, challenging day spent juggling an endless to-do list. Taking a few moments to unwind can set you up for a good night's sleep and help you start tomorrow feeling renewed and energized.

Here are three easy ways to relax and rejuvenate before a new day begins.



GETTY IMAGES

Stretch your muscles

Help relieve end-of-the-day muscle tension with a few moments of stretching or a half-dozen moves on a foam roller. Dr. Karen Litzzy, licensed physical therapist and Waterpik® Partner, says research suggests consistent stretching or rolling may improve range of motion and help with everyday tasks, sports, and general fitness. "Both stretching and foam rolling appear to help with range of motion and post-exercise relaxation. There are very few negative side effects when people are given proper instructions," Dr. Litzzy adds.




PHOTO CREDIT: WATERPIK

Turn your shower into a relaxing, sense-fulfilling sanctuary

One of the most peaceful ways to wind down in the evening is with a few moments spent under cascading water. Make your shower a wellness experience that transports you to a land of calm by dimming the lights and setting a candle on your vanity. Play some peaceful music or choose the ambient sound of a soft wind blowing through the woods, ocean waves, or tropical birds in a rain forest. Splurge on scented soap that transports you and inhale the fragrance as you take deep breaths and enjoy the feeling of warm water against your skin.

Rinse away common aches and soreness

"Water massage, especially before bedtime, can help promote quality sleep by reducing stress, which may result in relaxation," says Dr. Litzzy. Elevate your shower experience with the Waterpik® PowerPulse Therapeutic Strength Massage Shower Head. This convenient handheld shower head delivers up to twice the massage force compared to other retail shower heads. It has been clinically shown to help soothe muscle tension, increase flexibility, and promote restful sleep.* She adds that the Waterpik® PowerPulse Therapeutic Strength Massage Shower Head also allows you to create a custom massage experience based on your needs. "You can control the amount of pressure used and what areas of the body you want to focus on."

With clinically shown therapeutic benefits you are sure to transform your daily shower into a wellness experience. While it's unrealistic to get a professional massage every day, these tips give you clinically shown therapeutic benefits so you can feel your best.

Click here to find more information about the product and use discount code SHWDEAL10 to save \$10 on a Waterpik PowerPulse Therapeutic Strength Massage Shower Head to update your shower in minutes

Source: <https://www.waterpik.com/showers/heads/water-fo-roller/>

waterpik

At-home relief solutions to keep you moving

Learn More

Membership

Get the Most From Your Membership

- Get Card
- Add a free secondary membership
- MyAccount
- Download the App

CUSTOMIZE YOUR MEMBERSHIP

• Get Card • Renew Account • Newsletters

waterpik

At-home relief solutions to keep you moving

Learn More