



Flohr Pools

Planning the Perfect Hot Tub



Table of Contents

Introduction.....	3
Discovering Your “Hot Tub-Type”	4
Make Your Health & Wellness a Priority.....	5
Choosing the Right Seating.....	9
Selecting the Right Jets.....	12
Exploring Different Hot Tub Features.....	14
Setting the Budget.....	16

Introduction

Having a portable hot tub in the comfort of your backyard is akin to having your own personal hot spring. These warm pools of water not only help ease sore muscles and promote recovery, but they also create an atmosphere of rest and relaxation. Whether you're looking to incorporate a hot tub for recreational, fitness, relaxation or medical purposes, creating a plan for your purchase will help make the buying process go smoothly.

In our eBook, we will cover everything you need to know about hot tubs before you buy, including the amazing benefits you'll enjoy from warm water immersion, the array of features and seating available to you, and an overview of associated operating costs.



Discovering Your Hot Tub Type

When it comes to determining which hot tub is right for you, you'll need to consider why you want it, how you'll use it and where it will be located, whether indoors or out.

For those looking to buy their first hot tub, this can feel like an overwhelming experience, as there are multiple options to choose from. However, when you determine the answers to the questions above, you'll find making the right decision for your backyard isn't that difficult at all.

The Portable Above Ground Hot Tub

Portable hot tubs are self-contained units, typically situated above ground, and are versatile when it comes to where you can place the hot tub. Portable hot tubs come with an array of optional features and can be plugged right into a household outdoor 110-voltage, 220-voltage or mixed-voltage outlets. These hot tubs are often available in an acrylic shell, or roto-molded polymers.



Make Your Health & Wellness a Priority

Although warm water immersion has been enjoyed for centuries, it was not until the mid-1970s when the very first hot tub with an advanced filtration system and jets came on to the market. Since then, hot tubs have greatly evolved, giving bathers the opportunity to greatly improve and care for their health and wellness.

Soaking in a hot tub brings a bathers' well-being into focus and can help soothe a sore body and ease a troubled mind. Not only does the temperature of the water help improve your health, but hydrotherapy (slow, controlled movements and relaxation exercises performed in hot water) help stimulate health and healing.

So how can you expect to most reap the benefits of soaking in a hot tub? Whether you're looking to experience more of the physical or emotional benefits to warm water immersion, there are many ways in which you'll be able to enjoy your hot tub.



The Physical Benefits

Well over 40 million people in the United States suffer from one or more forms of arthritic pain, while lower back pain is the second leading cause for adults to frequent their general practitioner. Many recent medical studies have documented the positive effects of warm water immersion can have on those who suffer from arthritis, back pain, joint pain and more.

The British Journal of Rheumatology recently published research that also revealed hot tub therapy has both short and long term health benefits for those with lower back pain. Sitting in a hot tub was so useful that patients who sat in a hot tub used less anti-inflammatory medications and analgesics than non-soakers, a benefit to those who want to tackle their health with a more holistic approach.

A separate study found that patients who had knee replacement surgery, and who enjoyed regular soaks in a hot tub, found pain relief and increased recovery time than those who did not soak in a hot tub. Their range of motion improved more rapidly and they used less pain medication.

When it comes to warm water immersion, the joint supporting buoyancy combined with the warmth of the water makes a hot tub the ideal environment for soothing those common aches and pains while easing tight muscles and stiffness. The warm water also raises your body temperature which increases your circulation and blood flow while promoting healing. The increase in circulation and blood flow is also known to help reduce blood sugar levels in diabetics, as well as help those who have high blood pressure.

The Emotional Benefits

The combination of sitting in heated water and increasing your blood flow with a therapeutic massage working out muscle tension and soreness makes the hot tub the ideal place to reduce stress. Sitting in a hot tub has also been known to stimulate the release of endorphins, otherwise known as our "happy hormones."

Improved Relationships

Lounging in the warm water and socializing is another way to lessen your stress and reconnect. Hot tubs are a great place to entertain and chat with your friends or loved ones after a long day.

Better Sleep

A good night's rest can be hard to come by at times. A hot tub will help lull your body into a state of relaxation, making it easier for you to enjoy a solid eight hours of shut-eye.

Experts recommend that you sit in the tub for anywhere from 15 to 20 minutes an hour or two before bedtime. This will help prepare your body and your mind for sleep, which in turn will make you a more productive person during your waking hours.



Enhanced Self Esteem

Having a bad day or a tough time? Climb into a hot tub for 10 minutes or more. Because the hot tub makes you feel better, those negative thoughts tend to turn themselves around.

Another benefit? Hot tubs are extremely easy to maintain. Unlike a pool, you may only need to spend 10 minutes a week maintaining your hot tub (this includes testing your water and adding chemicals, if necessary). As long as your unit is covered when it is not in use, you will spend little to no time each day taking care of it.



Choosing the Right Seating

When it comes to choosing a hot tub that fits your needs, seating is one of the most important things to consider, as it will help determine the size of your hot tub and what additional features you'd like to add.

Hot tubs can be small enough to accommodate two to three people and spacious enough to fit 12 individuals or more. If you entertain regularly, having a larger hot tub is more ideal. If you're looking for something just for yourself, a smaller size may be the way to go.

You will also need to consider the layout of the tub. For example, is the footwell large enough to accommodate the number of individuals who will be using the tub? Do you like your personal space or are you comfortable with cozying up with other guests? An advantage of larger hot tubs is that they give you more space to stretch out and relax, no matter your bather load.



Different Seating Types

There are many different seating options available for your new hot tub. While each type of seating has its own unique advantages and will help make your selection more custom fit to your needs and wants, the seating type will also help determine the layout of your hot tub. Understanding the different types of seating are beneficial when making your selection, however, the best way to truly determine which type of seating you'll most enjoy is during your in-store test soak. Experiencing the ergonomics first hand will help you decide how your body reacts to the different types of in-tub seating.

So what are the different types of seating available for a hot tub? Read on below to learn more about the many different seating types available and if they'll fit your personal preference.

Open, Barrier-Free Seating

The biggest benefit to open seating is that there are no obstacles. Bathers can easily move from one area to the next, and you may be able to squeeze a few more people into this type of tub as there is space between the seats. While open seating does not allow for many additional or targeted therapeutic benefits, it is a great option for those who are looking to use the hot tub for a more social atmosphere.



Captain's Chair

The captain's chair is a comfortable seating option featuring massage jets that target the neck, shoulders, and back. These seats are contoured and feature armrests, perfect for those who want to experience all the benefits of warm water immersion.

Captain's chairs can create a minor obstacle in the tub, making it difficult for multiple bathers to move around. The contouring of certain captain's chairs may also not accommodate your body type, so it is important to test the seat before you invest in a hot tub.

Lounge Seats

These reclined seats provide the ultimate hydrotherapy experience and are the most popular option for those who are interested in purchasing a hot tub strictly for its health and relaxation benefits. The molded lounge seats feature more jets for deeper relaxation and muscle therapy, allowing you to have a true warm water therapeutic experience.

The only issue that could pose a concern is the size of the seat itself. Taking up the equivalent space of two standard hot tub seats, lounge seating may not be suitable if you are planning on investing in a compact hot tub.

Step or Cooldown Seat

These seats are designed to elevate the body before you exit the hot tub so that you can comfortably cool down before you leave the tub.

Selecting the Right Jets

Your hot tub jets are what deliver that luxurious spa experience that will help ease away tensions and relax your body and mind. There are a number of factors to think about when it comes to jets, including:

- The number of jets you'd like to include,
- The placement of the jets, and
- The performance of the jets

You can find hot tub jets that range from small to large in size, and you can even find specialty jets, such as volcano jets. But all jets will fall under one of the following two categories, Directional Jets or Spinning/Massage Jets.

Directional jets can be positioned so they reach a specific and exact area you want to target. Spinning jets, as the name implies, spin through the force of the water and deliver a wonderful massage. There are roto jets and twin roto jets which fall under the "massage jet" category, both of which deliver a different type of massage.



It is important that you choose customizable jets so that you can change their direction and strength as necessary for your personal needs. The number of jets you choose will also be a personal decision, though keep in mind that more does not necessarily mean better. The most important factor is to ensure that the jets target all of your major muscle groups, including:

- Neck
- Shoulders
- Upper back
- Lower back
- Legs

Jets placed near and around these muscle groups will deliver the best, and most effective, hydrotherapy experience.



Exploring Different Hot Tub Features

Waterfalls/lanmarns create arcs of water and have a calming effect on the body.

Other additional features available to enhance your hot tub experience, include:

- LED lighting (both interior and exterior)
- Bluetooth audio equipment like digital TVs and surround sound speakers
- Hot tub-side coolers and cup holders
- Hot tub covers



Keeping Your Hot Tub Water Clean

Water maintenance is an important part of hot tub ownership. Outfitting your tub with certain equipment allows for a more stress-free ownership experience.

Ozone purification systems are a popular choice to help keep your hot tub water clean and clear. Ozonators create ozone gas which, when mixed with your hot tub water, will destroy microorganisms and break down harmful chemicals.

Another leading option for keeping your hot tub clean is through ultraviolet light. These purification systems damage the DNA of microorganisms so they cannot reproduce. This type of cleaning system does not lose its effectiveness over time like an Ozonator.

Filtration also plays a key role in keeping your water sanitary. These filters can remove large particles from the water to protect your plumbing, as well as remove small particles to maintain the clarity of your water.

The best filters on the market today feature media with antimicrobial protection. These inhibit the growth of microorganisms and allow for easy cleaning. Depending on the size of your hot tub, you may need one or two filters which should be replaced annually.



Setting the Budget

Incorporating a hot tub into your backyard is an investment, but when you have a budget in mind, you'll easily be able to find a model that best meets your needs. Hot tubs will cost anywhere from a few thousand dollars to \$19,000 or more depending on what you're looking for.

Other factors that play a role in the cost of your hot tub purchase include:

- Site preparation
- Concrete pouring
- Electrical installation
- Plumbing

To get an idea of the lifetime cost of your hot tub, you will need to consider items such as hot tub accessories, chemical expenses, operational utility bills, and necessary repair and maintenance fees. While these costs are constantly changing, they are important to include for budgeting purposes.



Warranty Work

Most new hot tubs and equipment will come with a warranty from the manufacturer. As an authorized dealer, we will work with you to fix any issues that may arise with either the hot tub or the equipment and ensure that it fixed and operating correctly.

Financing Your Hot Tub

Not all interested hot tub owners will have the capital on hand to invest in a hot tub, but you may be able to finance your hot tub in a number of ways. Here are a few options to ensure you can make your backyard dreams come true.

- **Dealer financing.** We may offer the option of installment plan payments. These plans require a down-payment and allow for the remaining balance to be repaid over a scheduled period of time, interest included.
- **Home equity loans/lines of credit.** A home equity loan will provide you with a lump sum, while a line of credit works similarly to a credit card. These loans typically come with a lower interest rate than other financing options.
- **Credit card. We accept MasterCard and Visa**



There are a number of choices to be made when deciding on the perfect hot tub. Finding the perfect tub will make all the difference in how you enjoy your bathing experience. From the backyard location to size to shape, seating options, and accessories, choosing the right hot tub for your lifestyle will take some research and planning. But it's worth it!

Contact Us Today

For further assistance with planning, building or purchasing a hot tub, contact us today to schedule your test soak so you can experience first hand all the wonderful benefits of warm water immersion. This is a great opportunity to spend some time together and ask our experts any questions you may have prior to your purchase. Taking the time to experience a hot tub before you invest in one will give you the ability to see which features you will most benefit from and enjoy for years to come.

Chambersburg

1350 Lincoln Way East Chambersburg, PA 17202
Phone 717-264-4373 **Email** mflohr@flohrpools.com

Hagerstown

1406 Oak Ridge Place Hagerstown, MD 21740
Phone 301-791-3400 **Email** mflohr@flohrpools.com

Martinsburg

1230 Winchester Avenue Martinsburg, WV 25405
Phone 304-263-0985 **Email** mflohr@flohrpools.com



Flohr Pools