



## Spas and Hot Tubs

### Have Fun and Relax

The benefits of spa bathing have been known for many years. It was the Victorians in particular that developed the notion of natural spa baths as a rejuvenating and revitalising experience. Relaxing in warm, bubbling water is an unrivalled way of unwinding and chasing away the stresses of daily life.

Commercial spas can often be the first experience that people have for being soothed and relaxed by the water. Spas have health benefits, they can ease aching limbs and tired muscles as well as providing great psychological benefits. Medical research has shown that various physiological changes are triggered by the temperature of the water and the effects of weightlessness experienced in the spa. These changes have considerable significance in a number of areas including the relief of hypertension and joint related ailments such as rheumatism and arthritis.

Children delight in them, parents love them and older people derive great benefit from the massaging waters. So, even if you have not got the space to put in a full scale swimming pool, it might be worth thinking about the pleasure and enjoyment you can get from installing your own domestic spa.

These spas are built inground and can have a number of features similar to a swimming pool. And if you have a pool, think how much more enjoyable your swimming would be with the addition of a revitalising spa.

If you want a customised inground spa installation, your SPATA contractor can build a prefabricated or fully tiled concrete shell, either on its own or alongside a swimming pool.



### Hot Tub Heaven

Domestic portable, self contained spas, now more commonly called Hot Tubs - can be installed in the garden, on a terrace, in a conservatory or a home extension. By being portable (rather than inground) this gives you more flexibility about positioning, with the added advantage of being able to take it with you if you move house, but please remember they are heavy items and may require specialist lifting equipment. Simple to run, a basic Hot Tub can be purchased for under £4,000 and can cost between £1.00 and £1.50 per day (on average) to maintain at a comfortable 40°C.

A Hot Tub is typically made from either wood or thermoplastic composites including acrylic and Vinyl. Hot Tubs come complete with heating and filtration built in making them very straightforward to both purchase and install. Added extras such as sound systems, DVD / CD players, TV and lighting features are widely available. Look for the logo and name displayed by members of our sister organisation BISHTA (The British and Irish Spa and Hot Tub Association) when buying a portable Hot Tub, or visit the website at [www.bishta.co.uk](http://www.bishta.co.uk) for names of members.





## Swimming Against the Tide

Another option that you may decide to consider is a Swim Spa, as they are great for those who enjoy swimming, but who do not have room for a swimming pool. A Swim Spa can provide the experience of swimming the English Channel in an area no bigger than 8' x 6'! Swim Spas pump a turbulent flow of water from outlets along one side of the pool offering a similar sensation to swimming against the flow in a mountain stream. Swimming against the current offers all the benefits of a full exercise swim without moving an inch.

Whether you prefer a leisurely doggy paddle or a competition standard sprint, the water flow can be adjusted to match your exercise needs. Air can also be mixed with the water giving added buoyancy and some models offer an underwater massage facility. Swim Spas allow you to swim against a continuous stream of water, it's basically a swimming treadmill. You do not have to complete laps or turn around like in a normal pool, but just have to keep exercising within the space provided to ensure you get the swimming exercise you need.

It provides the whole range of aqua aerobics activities, from swimming to weight resistance training, to water jogging, making it the ideal therapeutic tool for tired bodies. It has been found to be effective for those recuperating from any sports injuries. The reason is that these units have been designed so that you can indulge in strenuous water based activities and the flow of the water jets can also be fine tuned to deliver just the right force and direction.



To make exercise even easier, manufacturers are offering a vast selection of underwater exercise equipment, such as resistance bands, which make it possible to target muscle groups that standard swim strokes don't.

In terms of space, they only need about 4 – 8 metres in length and 2.5 – 3.5 metres width. Since they are self contained, they are quicker and easier to install than most pools. The cost of a Swim Spa is anywhere between £11,000 and £30,000.

Spas, Hot Tubs and Swim Spas are a healthy and natural way to relax and are a great addition to any home or garden to enhance your lifestyle. With a huge variety of shapes, sizes, colours and styles you can be sure that somewhere there is an option to suit every situation!

