



Winter Hot Tub Maintenance

Maintain a Hot Tub During the Cold Weather

The summer season came and went, the fall season passed in the blink of an eye and now we are in winter!

We recommend hot tub maintenance during the winter to all spa owners. Many people in cold snowy climates enjoy the benefits a hot tub can provide more so in the winter than any other season. Year round hot tub maintenance is a given and hot tub winterization is not even considered. Here are the most common reasons spa owners choose to maintain a hot tub during the coldest months:

- **Weather related pain:** People with weather-related pain suffer from intense joint discomfort during the cold seasons. Submerging achy bones in a steamy hot tub is the ultimate means for alleviating that "chilled to the bone" feeling.
- **Thrill factor:** Sitting in hot bubbling water in the company of friends and family while snow is falling all around is exhilarating and delightful!
- **Muscle soreness from winter activities:** Sledding, skiing, snowboarding, and skating. Most people will endure muscle pain after their first time partaking in winter sports and activities. Hydromassage can help beginner or advanced winter sports enthusiasts minimize sore muscles.
- **Winter blues:** Some people experience a serious mood change when the seasons change. They may sleep too much, have little energy, and may also feel depressed during the winter. Hot tubs conveniently located in the backyard help get people outside in invigorating hot water, in social settings, enjoying sunshine, diverting the urge to "hibernate" during the cold.

Many families actually prefer to use a hot tub when weather is the coldest and plan holiday activities around the use of their spas. A hot tub is designed for a range of ages, whether children or grandparents, everyone can enjoy a relaxing soak and gentle therapy. The best hot tubs function as ideal settings during all seasons to bring the family and friends together.