

The Complete Guide to Buying Your First Hot Tub



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An in home hot tub is an extraordinary piece of machinery, and an opportunity to enjoy improved health, entertainment and fun from the comforts of home.

Is hot tub ownership really something you can afford, and how difficult is it to operate and maintain your own spa?

The adage is true, the more you know about something before buying it the more likely you are to make a good informed decision. Good advice, and relevant too, because there certainly is no shortage of information available on hot tubs and their maintenance. Luckily, we've made it easier than ever to organize your thoughts before you buy. This will ensure you make a smart and practical investment in a quality product for years of family fun.

The Advantages of Owning Your Own Backyard Hot Tub

What does hot tub ownership mean to you?

Is it convenience, luxury, improved health? Having access to your very own hot tub opens many doors of opportunity. If you suffer from chronic pain, hydrotherapy at home can make every day more enjoyable.



If stress management is desired, a soak in the evening can help calm your mind, lower your blood pressure and allow the cares of the world to float away. Did you know that some people use their hot tub as a tool for battling insomnia?

Others enjoy lounging with friends and sharing a few laughs. The modern hot tub is extremely versatile, meaning you can customize a spa to fit your needs and your lifestyle. The following pages are a mere snapshot of the advantages to owning your own backyard hot tub.

Improved Health - We all strive to look and feel our best, but as we age; many of us confront chronic conditions like arthritis, diabetes or low back pain. Some of us face weight gain, muscle stiffness, restlessness and fatigue.

Here are just a few of the ways using a hot tub can improve your health.

Relieve Pain

Did you know that using a hot tub in the morning, before starting your day, can banish most aches, pains, stiffness and discomfort? Hydrotherapy has been used as a therapeutic treatment since ancient Japanese and Roman times.



Just fifteen minutes is all it takes to relieve a tired, achy body leaving you revitalized and refreshed. Massage penetrates deeply to alleviate pain, while heat relaxes and soothes muscles and joints. Buoyancy, the feeling of weightlessness, alleviates pressure on joints and muscles, and is exactly why the pain stops when you slip into the heated water.

Decrease Symptoms of Type 2 Diabetes - Do you suffer from Type 2 Diabetes? A study in the New England Journal of Medicine revealed that patients who use a hot tub for thirty minutes, five days a week experience decreased symptoms, improved insulin uptake and better sleep. Again, the hydrotherapeutic benefit of soaking in the hot tub significantly impacts the body. As you relax in hot water, your temperature rises, which causes a dip in blood sugar and in some cases, even weight loss.

Improved Sleep - Hot tub use is extremely popular for combatting insomnia and other sleep related issues. An increase in body temperature while soaking promotes relaxation and slows the mind. As a result, your body responds signaling the brain that it's time to sleep.

Manage Stress – Hydrotherapy is a recognized treatment for the stressors of the day. Slipping into bubbling hot water will clear your mind and make the aches of the day quickly vanish.

Family Fun and Entertainment - Family friendly activities can be expensive. Finding things to do with the kids to keep them entertained and safe can also be challenging. Owning a hot tub is an easy way to spend quality time with family from the comforts of the backyard.



Love to entertain? Today's hot tubs can entertain by themselves, but bring your friends over, and enjoy the time together. And to think this fun is just outside your door.

Summer Parties - Fire up the grill because a hot tub is the perfect focal point to a summer outdoor barbeque. Let the kids play while you and a few close friends relax and unwind in the hot tub.

It's instant party when there's bubbly, massaging water in the back yard. Plus, with all kinds of entertainment features, modern hot tubs keep everyone engaged with surround sound, LCD televisions and light shows that rival a Pink Floyd concert.

Girls Night In - Imagine inviting a few of your closest friends over for a night of staying in, hot tub style. No traveling, expensive parking or traffic to deal with when you can hit the hot tub for some laughs and great conversation.

Date Night Redefined - A romantic dinner down town? Maybe, but why go through the hassle when you can create the most intimate and romantic setting right at home. Couples who spend time together in the hot tub stay connected, and do it with little effort.

Who, What and Where

There are three primary questions to ask before buying a hot tub: who will be using it? What will it be used for? Where will it go? Answering these questions will help you develop a clear idea for the type of hot tub that will fit your lifestyle best.

Who - Like hot tubs, owners come in all different shapes and sizes. Single professionals, large families, even retired couples enjoy having on demand access to a hot tub from home. Thinking through who will use your new hot tub will help narrow your choices, and maximize your investment. In other words, if you live alone, you may not want to invest in a unit that can accommodate 8 people.



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On the other hand, if you expect to entertain a large extended family, a compact model may not be a good fit. Think realistically and remember, the size of the hot tub has nothing to do with how it performs or how much enjoyment you'll get from it.

What - A hot tub can resolve a variety of problems. Whether it's easing aches and pains, reducing stress or simply having a quiet, intimate place to relax a hot tub fills the bill. Make a list of the top three reasons why you want a hot tub. Is it improved health? Entertainment? Home improvement?

A model designed to optimize hydrotherapy looks quite different from a party tub created for entertaining a group.



When you can define why you want a hot tub, finding the perfect one will be easier than ever. Modern hot tubs are equipped with all kinds of state-of-the-art features for maximizing your experience

Where - Folks looking to purchase a new hot tub are typically excited to start shopping, and for good reason. But few take the time to think about where it will reside once it gets delivered. Unfortunately, you can't move a hot tub as you would a new sofa in your living room. Just like real estate, where the hot tub resides is also about location, location, location!

Don't forget about privacy! Those bushes that are lush in summer will likely change come fall. Also remember to think about accessing controls, motors and anything that may fall behind the tub.

Short-Term Price Versus Long Term Value

Is there really a difference between an inexpensive hot tub, and one that exceeds the budget? The answer may surprise you. While there are certainly “good” and “bad” hot tubs, only some of it has to do with price point.

Here’s the trick. If you understand the difference between short-term price and long-term value, you’ll end up making a better decision in a hot tub that will stand the test of time. After all, invest wisely and you’ll enjoy decades of hot water bliss.

How do you know the difference? Simply put, the best hot tubs combine comfort, performance and style for an outstanding user experience in every way. This means the seats are comfortable, easy to relax in, the hot tub runs efficiently, effectively and looks sensational in your home.

Comfort - extends beyond seating arrangement because there needs to be enough room to stretch your feet, lie back and embrace the massaging water.

Look for seats that offer the comfort you’re looking for. If you plan on using your spa alone, be sure you can reach the control panel to access temperature, sound and jet intensity easily and conveniently.



Performance - has to do with how the hot tub works. Look for energy efficient features to save money long term like high performance heaters, pumps and insulation. Quality components equal years of dependable performance and long lasting durability. That means less maintenance, and more time to enjoy your spa instead of worrying about getting it fixed.

Style - is unique to each hot tub owner, and that's why it's important for you to decide which features and accents are most important to you. Modern hot tubs are amazing when it comes to aesthetics with some rivaling what appears to be space technology.

Keep an eye out for the extras that will enhance your experience. LED lighting, waterfalls and entertainment systems can complement the unique ambiance you are trying to capture in a home retreat.

Cleaning and Maintaining Your Investment

Hot tub maintenance and water care have been sore subjects when folks consider buying a hot tub. However, there's good news to report. Today's models are easier than ever when it comes to water care, and with a variety of available solutions, salt, ozone, non-chlorine, and bromine.

General Maintenance - Of course, you will need to keep your hot tub clean on the outside, and from time to time it makes sense to clean the seats, filtration etc. But for the amount of enjoyment you stand to gain from using it, a few minutes here or there is a small price to pay.



Selecting the Right Brand – What to Look For

Now that you have an idea of what you're looking for in a quality hot tub to fit your needs, how do you know which brand is right for you? Here's what to look for.

Jet Placement and Comfort - Don't be fooled by the number of jets in a hot tub. In fact, jet placement is far more important for securing a relaxing, powerful massaging experience. Again, make sure the seats are comfortable and the positioning of the jets is right by focusing air and water where you need them.



Performance- It is important to feel the massage through the jets. Put your hand in front of the jet. How is the action? Beware of fancy claims of horsepower and jet strength. Test the spa yourself so you are not disappointed.

A Quality Manufacturer Is Key - How do you recognize a quality hot tub? Look for high-grade materials and craftsmanship, durable components and a brand that's recognized by a trusted dealer. Dealers with a solid reputation stand by products they believe in, and you can too.

Safety - Finally, choose a hot tub that you can rely on to keep you and your loved ones safe. Look for a model that has been listed by an independent testing company like UL or ETL.

After the Sale – Select a dealer with a in-house service department, free water testing, and a helpful staff. You will have many questions as you learn about your spa. Purchasing from a reputable dealer will save you many headaches in the future.

In Conclusion

Owning a hot tub is an exciting opportunity to make quality time with friends and family more enjoyable, provide years of relaxation and stress relief, and help you lead a more fulfilling and healthier life. Once you take the time to familiarize yourself with the information we have provided, you can be assured that your buying decision will be the best one. If you have any questions, give us a call. We would be glad to talk with you.

About Us



Rec Pool and Spa is located at 708 West Oakland Park Boulevard in Fort Lauderdale. We have a huge showroom of hot tub spas, above ground swimming pools, patio furniture, and accessories.

We are the direct manufacturer dealer for Hot Spring Spas, Vita and Signature Spas and Breezesta Patio Furniture.

We also sell a variety of Hot Tub Accessories such as Spa Covers, Spa Umbrellas, Spa Steps, and Hot Tub Chemicals.

Our in-house service technicians repair most makes and models. For do it yourself customers, we have a huge parts department. Our friendly staff is happy to assist you. If you're looking for a new spa, want to trade in your spa for an upgrade, or are trying to maintain your existing spa, you can count on us!

Find Us

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