



Swim Spa Buying Made Easy



Swimming from the privacy and comfort of home has never been so easy, and savvy homeowners have stumbled onto something exciting. Meet the modern swim spa - a revolutionary new machine that combines the health and wellness benefits of swimming and hydrotherapy with the fun and excitement of a traditional pool - at home.

If you've done the research and you've decided that an amazing swim spa is the right choice for your family, congratulations! You're on your way to becoming healthy and fit with your very own aquatic fitness center. But before committing to the first lap pool you see, do yourself a favor and take a few minutes to familiarize yourself with some details.

Learning how the swim spa works, what makes it different from a traditional pool, and some of the health benefits you can expect to gain from regular use will help you choose a quality model that fits your budget.

Once you feel confident in understanding the basics, we'll share some expert advice on how to find the exact swim spa that fits your needs best. You'll learn the importance of taking a wet test, and how to choose the perfect spot in your home to maximize your new swim spa. Ready to get started?



#1 - How Does a Swim Spa Work?

To most people, it doesn't look complicated. A swim spa is simply a small pool filled with water, right? Well, not exactly. And that's why understanding how a quality swim spa is supposed to work can help you avoid choosing one that underdelivers.

In the most basic sense, a swim spa is a machine that makes it easy to swim continuously against a water current. The defining feature of all swim spas (and what makes them so fun) is that you never hit the wall or have to turn around when swimming laps.

The continuous current keeps you in one place! The idea is to use the natural resistance of an adjustable current to swim, splash, and exercise from the comfort of home, just like you could in a traditional swimming pool, but in less space.

Most swim spas are powered by hydraulic pumps that work in tandem with an underwater motor. The best models allow the water current to be customized - set a slow current for children or those not looking for a fast-paced swim, and set a faster current for more advanced swimmers. How easy or difficult it is to adjust the current on the fly is what often differentiates superior models from those that are just average.



What's even more exciting is that many swim spa models offer a split version with a pool on one end and heated water with massaging jets on the other. This enables the user to pursue a complete aquatic fitness routine, followed by soothing hydrotherapy in two separate bodies of water - one cool and one hot.

Modern swim spas are extremely versatile, meaning you can drop them into a deck, place them on an enclosed porch or patio, and even use them indoors as part of an at home fitness center.

With year-round use, swim spa ownership offers lap swimming and aquatic exercise for improved health, and on-demand hydrotherapy for relaxation, stress management, and easy pain relief.



#2 - Benefits of Owning a Swim Spa Versus a Traditional Pool

Why would someone choose a swim spa over a more traditional swimming pool? While all the reasons may not apply to every family, here are some of the top benefits to owning a swim spa versus a traditional pool.

Swim in compact space - For starters, even the largest swim spa will take up considerably less space than your average pool. For homes where space is limited, a swim spa is a great alternative, making a swim at home a reality that could never have been achieved otherwise.

Easy, inexpensive maintenance - The typical swim spa also requires far less time and product to maintain. Yes, there is some regular water maintenance that must take place, but it is less time consuming and less expensive than purchasing and using chemical water treatments for the average in-ground swimming pool.

Year-round use - Did we mention that the swim spa can be used in all four seasons? A fantastic benefit for snowbirds, taking a swim or relaxing with the family in your indoor pool at home when it's bitter cold is a tremendous win. And for the kids? Forget about lugging gear to the local community pool. With a swim spa at home, you're always a minute away from year-round fun and fitness.

Purchase and installation cost - A smaller, more contained unit is going to cost you far less money than digging up the entire backyard to accommodate an in-ground pool. In fact, many of the less expensive above ground swimming pools are still more costly than the average swim spa. Installation is a snap too, and something that can be accomplished in 3-4 days as opposed to 7-14.



Safety - Families with small children often choose to add a swim spa to the home over a traditional pool for safety reasons. Smaller space means little ones can play and splash without parents worrying about having them too far out of reach.

Plus, many quality swim spas can be purchased with a safety cover that fits snugly on top of an open spa, eliminating the fear of small children or pets falling into the water when unattended.

Operating costs - One of the best reasons to choose a swim spa over a swimming pool has to do with how much it takes to run your investment. A smaller pool of water to heat will cost less, but it's more than that. With energy efficient heating components and the right cover, the average swim spa will take less energy and less money to keep at a comfortable temperature.

Portability - When and if you ever decide to sell your home, do you know what isn't coming with you? Your in-ground swimming pool. The modern swim spa is portable. That means you can take it with you and place it in your new home. That's smart.

#3 - What are the Health Benefits of Using a Swim Spa

A primary reason to invest in a swim spa has to do with how easy it is to make long lasting improvements to health and wellness. In today's fast-paced, stressful world having the option to exercise in water or soothe stress from your very own swim spa is a luxury that many find irresistible. Here are just a few of the ways folks benefit from using a swim spa.

Arthritis and joint pain relief - For thousands of years, water has been used to treat a variety of chronic joint conditions. From arthritis to fibromyalgia to low back pain, a swim spa offers a safe, cushioned environment for strengthening muscles, loosening joints, and improving overall flexibility and range of motion. With heated water targeting sore joints, a few minutes is all it takes for long lasting relief.



Easy stress management - With a hot tub right outside the back door, taking control of elevated stress is easier than ever. A swim spa equipped with a hot tub at one end means hydromassage for easing neck pain, loosening stiff shoulders, and targeting

knots that accumulate as a result of high tension and anxiety. With regular use, a swim spa can relieve tension and stress all over the body, delivering a happier, healthier, and more relaxed you.

Senior health - When limited mobility and pain makes daily activity difficult, a swim spa can help. Easy stretching and slow movement in the swim spa can regenerate and rejuvenate for less pain and freer movement. A light cardiovascular workout of stretching or walking on an underwater treadmill can increase muscle strength, improve heart health, ensure healthy weight, and encourage a positive mood. It's the perfect solution for seniors or those restricted by injury.

Cardiovascular conditioning and weight loss - Swimming is an excellent activity for strengthening the heart. An aerobic movement that relies on a combination of muscles, a quick swim is the answer to cardiovascular conditioning and weight loss. With continued use, aerobic exercise in the swim spa can alleviate aches and pains, increase muscle strength, and tone the heart for an all over physical boost.



#4 - The Importance of Taking a ‘Test Swim’

What exactly is a ‘test swim’ and why would you need one? Believe it or not, most reputable dealers understand that it’s tough to get a feel for something like a swim spa without actually using one. So, they’ve made it a priority to give serious buyers the opportunity to do just that.

A test swim is a smart way to take your new investment for a test ride before purchasing. Some of the things you should keep in mind when using the spa for the first time include the following:

- Are the controls easy to reach while in the swim spa?
- Is there adequate room to swim without touching the walls or sides of the spa?
- Can you hold a conversation over the sound of the working motor?
- Is the current completely adjustable?
- Do massaging jets target the right muscles?
- Are the seats comfortable in the spa end of the swim spa?

Don’t be afraid or embarrassed to ask about taking a test swim. Savvy shoppers know they have this option available and never regret taking time out to try an expensive item before buying. Wouldn’t you take a new car for a test spin before signing at the dealership? The same logic should apply.



#5 - Finding the Right Place to Put Your Swim Spa

With so many options, deciding exactly where to place your new swim spa isn't always an easy task. First, decide if you want to keep it outdoors or inside, sheltered from the weather.

Of course, this decision depends almost entirely on where you live. Buyers may want to consider seasonal extremes of heat and snow, and how those changes could impact enjoyment. Take weather into consideration carefully when choosing a final location for your spa.



With all locations, a safe, secure installation is key. Here are a few things to keep in mind when choosing the perfect spot for your swim spa.

Choose a surface area that is level and structurally sound. A swim spa may not weight as much as a typical pool, but it is extremely heavy and must be supported. If you are considering a deck, do yourself a favor and consult a building contractor to help you identify the maximum capacity of your deck. Leave space to access the equipment compartment for service or maintenance. If you cannot reach the components easily, you will surely have a harder time than necessary down the road.

For indoor placement, make sure to consider the fact that the exterior floor surrounding the swim spa is likely to get wet. Choose a location that has proper drainage and plenty of ventilation to eliminate wood surroundings from producing dry rot or mildew.

Finally, when looking around your home for the perfect spot for your swim spa, don't forget to consider electrical requirements. Whether you place it inside or out, be sure to choose a location that can be set up for electrical access.



Putting It All Together

Now that you have taken the time to read through this guide, you should have a pretty good understanding of not only how the swim spa works, but also, what it can do for you and how to find the right one to fit your needs. As with any large home investment, the more thoroughly you prepare ahead of time before your buy, the happier you will likely be with your purchase.



About Us



The Spa and Sauna Company has been providing the Reno, Tahoe, San Jose, and Santa Cruz areas with the best in leisure and relaxation products since 1990. The company offers America's favorite portable hot tubs - Hot Spring Spas and Caldera Spas, as well as Sundance Spas by Jacuzzi Brands. They also offer Freeflow Spas, which are affordable, portable and plug-and-play hot tubs.

At select showrooms, the Spa and Sauna Company offers a beautiful collection of fine home game room products, as well as America's best-known names in billiards, Brunswick and Olhausen Billiards. They also have a full game room lighting collection, as well as the ultimate pool players pro shop.

The company goal is to provide their clients with the ultimate home recreation and wellness experience. They are dedicated to not only showcasing the best products available on the market today, but to offering customers an unparalleled purchase and service experience.

In addition, they're proud to showcase swim spas, Finnleo saunas, patio furniture and fire pits, and a complete display of Big Green Eggs BBQs and accessories.

To learn more about the benefits of owning a hot tub, swim spa, or sauna, find your nearest showroom on the next page, or visit <http://www.SpaAndSauna.com/>

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