



The Complete Hot Tub Buying Guide

HYDROTHERAPY • RELAXATION • RECOVERY • OUTDOOR LIVING

A hot tub is the easiest luxury you'll ever own — warm, swirling water waiting in your own backyard, any night you want it. It's where sore muscles loosen, the day's stress melts off, and your family actually talks (no screens in the water). This guide covers the real benefits, what separates a great hot tub from an average one, where to put it, how often to use it, and exactly what to look for so you buy once and enjoy it for decades.

The benefits — why a hot tub earns its place

Warm-water hydrotherapy is heat, buoyancy, and massage working together. Here's what a regular soak can do for you:

Soothe muscles & joints

Warm water relaxes muscles while buoyancy takes the weight off your joints and spine — then targeted jets knead away the knots. It's the most pleasant recovery tool you'll ever use.

Melt away stress

Sink in, feel the warmth wrap around you, and watch the day dissolve. A soak is one of the fastest ways to downshift your whole nervous system and reset.

Sleep more deeply

A warm soak about 90 minutes before bed helps your body temperature rise and then fall — the natural signal for sleep. Many owners say it's the best thing that ever happened to their bedtime.

Real quality time

The hot tub is where couples reconnect and families unwind together, phones left behind. It quietly becomes the favorite gathering spot in the house.

Ease stiffness & arthritis

The warmth and gentle support of the water can improve flexibility and bring welcome relief to stiff, aching joints — a reason many owners soak daily.

Support circulation & recovery

Warm immersion opens up blood flow, helping deliver fresh blood to tired muscles and easing tension after a workout or a long day on your feet.

A 365-day escape

In Southwest Florida you'll use it all year — a cool-water soak on a warm evening, a hot soak when the temperature finally dips. It never sits idle for a season.

The contrast ritual

Pair your hot tub with a cold plunge and alternate hot and cold for the invigorating recovery ritual athletes swear by — energy, focus, and a lasting mood lift.

What separates a great hot tub

Hot tubs can look similar and perform very differently. These are the four things that actually matter — and what to ask about.

Seating & ergonomics

WHERE COMFORT IS WON OR LOST

Look for a mix of seats at different depths, a comfortable footwell, and — if you love to fully stretch out — a **lounger**. Open (bench) seating fits more people; a lounger trades a seat for a deep, full-body recline. Sit in it before you buy.

Ask: how many adults *comfortably*, and is there a lounger?

Jets & hydrotherapy

THE THERAPY ENGINE

It's not just jet *count* — it's the right jets in the right places (neck, shoulders, lower back, calves) powered by strong pumps. A well-designed tub delivers a targeted massage, not just bubbles.

Ask: are the jets adjustable, and which seats target the areas you need?

Energy efficiency & insulation

WHAT IT COSTS TO RUN

Full-foam insulation and a quality, well-fitting cover keep heat in and running costs down. Leaving the tub set and covered is more efficient than letting it cool and reheating.

Ask: how is it insulated, and what does it cost to run each month here?

Water care

HOW EASY IT IS TO OWN

Modern systems — saltwater, ozone, UV, or mineral cartridges — keep water clean with far less effort and fewer harsh chemicals. The easier the water care, the more you'll actually use your tub.

Ask: what water-care system does it use, and how much weekly upkeep is realistic?

Acrylic vs. Rotomolded (plug-and-play)

| | Acrylic (premium) | Rotomolded (plug-and-play) |
|-------------------------|------------------------------------|---|
| Build | Cast-acrylic shell, robust cabinet | Durable molded plastic, one piece |
| Seats & jets | More seats, more powerful jets | Fewer seats and jets |
| Insulation | Full-foam, most efficient | Lighter insulation |
| Power | 240V (hard-wired) | Often 110V — just plug in |
| Best for | A long-term backyard centerpiece | Value, renters, easy start, portability |
| Lifespan | Decades with care | Solid, shorter service life |

Where will it live? Picture your setup

Both deliver every benefit in this guide — the choice is about **how you'll use it** and the space you have.

The couple's retreat

Picture a smaller 2–4 seat tub on a quiet patio — intimate, efficient, and easy to fit. With a lounger, it becomes your personal recovery pod for a deep soak at the end of the day.

It heats fast, sips less energy, and slots into tighter spaces and budgets.

Choose this if it's mostly you (and one), and you want relaxation and recovery.

The gathering spot

Now picture a 6–8 seat tub glowing on the patio, friends and family gathered in the warm water on a Friday night. Open seating means everyone has a spot and a set of jets.

It's the social centerpiece of the backyard and the place everyone ends up.

Choose this if you entertain, have a family, or want room for everyone.

Planning the spot: a hot tub needs a **level, load-rated base** (a concrete pad or properly reinforced deck), the right **power** (240V hard-wire, or 110V for plug-and-play), a clear **delivery path** to the spot, and a little **privacy**. Placing it near the house makes those cooler evenings far more inviting. We'll walk your space with you and handle the details.

How often should you use your hot tub?

Here's the good news: a hot tub is safe to enjoy as often as you like — many owners soak **most days**. The key is the right temperature for your goal, sensible session lengths, and a few simple safety habits.

Match the soak to your goal

| Your goal | Temp | Time | Tips |
|--------------------------|------------|------------------|---|
| Unwind after work | 100–102°F | 15–20 min | Dim the lights; aim the jets at your neck and shoulders. |
| Muscle recovery | 100–102°F | 15–20 min | Cool down after a workout first, then target sore spots. |
| Better sleep | ~100–102°F | 15–20 min | Soak about 90 minutes before bed to fall asleep faster. |
| Summer cool-down | 95–98°F | longer, to taste | Set below body temp for a refreshing morning or midday dip. |

Soak smart & safe: Most adults are comfortable at 100–102°F; by safety standards a hot tub should **never exceed 104°F**. Keep sessions to about 15–30 minutes (shorter at higher temps) and step out if you feel lightheaded. **Hydrate** before and after, skip alcohol, and check the water with a thermometer. If you're pregnant, keep it at or below 100°F and talk to your doctor first; supervise children and keep their temperature lower; and if you have a heart condition, high or low blood pressure, or diabetes, check with your physician before regular use.

How to choose — your checklist

- **Seating & size.** Be honest about who'll use it. Want to stretch out? Get a lounger. Entertain? Prioritize open seating and seat count.

- **Jets & pumps.** Match the massage to your needs — neck, back, legs — and make sure the pumps actually power them.

- **Energy efficiency.** Full-foam insulation and a good cover keep monthly running costs down, especially over years of ownership.

- **Water-care system.** Saltwater, ozone, UV, or mineral systems mean cleaner water and less weekly work.

- **Standard, serviceable parts.** Tubs built on standard Balboa/Waterway components are far easier (and cheaper) to service locally than proprietary systems.

- **Warranty.** Check coverage on the shell, surface, plumbing, and components — and how long each lasts.

- **Installation & power.** Confirm 240V vs. 110V, the base (pad or reinforced deck), and that there's a clear delivery path.

- **Service after the sale.** The most overlooked factor — buy where someone local will actually answer the phone and show up.

Caring for your hot tub

Owning a hot tub is simpler than most people expect. Test and balance the water a couple of times a week, keep the sanitizer in range, rinse the filter monthly, and keep it covered when not in use. Drain and refresh the water every few months. With a modern water-care system and a little routine, upkeep is minutes — not a chore.

Why buy your hot tub from Leisure Wellness Naples

A hot tub is a long relationship — with the tub and with whoever stands behind it. Buy from the local team who will help you choose it, deliver it, install it, and keep it running for years.

Try before you buy

Visit our Naples showroom to see and compare tubs in person — and picture your setup — alongside our saunas, swim spas, and cold plunges.

We service what we sell

Local, in-house delivery, installation, and service. No 1-800 numbers and no waiting on out-of-town help when you need a hand.

Standard, serviceable parts

We favor tubs built on standard Balboa/Waterway components — easier and cheaper to service for the life of your spa, with no proprietary lock-in.

Brands for every budget

From value-friendly molded tubs to premium European luxury — we match you to the right tub, not the one we need to move.

A complete wellness destination

Build your whole routine in one place — hot tub, cold plunge, sauna, and swim spa — designed to work together.

Local to Southwest Florida

We know Naples homes and yards, we deliver throughout the region, and we're here long after the sale.

Come find your tub

Visit our Naples showroom, compare models in person, and let our team match you to the perfect hot tub for your space and your budget.

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This guide is provided for general educational purposes about home hot tubs and reflects common wellness experiences; it is not medical advice, and individual results vary. Follow all manufacturer and safety guidance: water should never exceed 104°F, limit soak time, never use a hot tub after drinking alcohol, and never leave children unsupervised. If you are pregnant or have a heart condition, blood-pressure issues, diabetes, or other medical concerns, consult your physician before hot tub use. Product features and specifications vary by model; ask our team for current details.