

PRESTiGE SPAS

Reclaim your inner calm



SUMMER 2019

Reclaim your inner calm

In today's hectic world we all need a place to escape. A warm, safe, reviving environment to reclaim your inner calm. Welcome to the world of Prestige Spas.

Built to exacting standards of style and quality, your Prestige Spa will become your retreat from modern living. Always warm, always clean and with crystal clear water, a place where soothing massaging streams from the hydrotherapy jets wash away the stress and tensions of your busy day.

A Prestige Spa is a place where you can relax and where it's okay to do nothing.

A place to talk with loved ones or listen to your favourite music in harmony with your mood.

The Prestige range by Riptide features eight spa models with seating and loungers for three to seven people. All models feature 100% filtration combined with ozone and silver ions systems for the clearest, cleanest and safest spa water.



Set the multi-colour, six-point lighting system to enhance your night time enjoyment. When not in use, your Prestige Spa works away quietly to heat and filter your water under the superior tailored, fully insulated cover.

The beautiful, sleek lines of a Prestige Spa are enhanced by a furniture quality, craftsman built synthetic low maintenance cabinet - everyone will want to touch it just to see if it is real!

Now, immerse yourself in our brochure and choose the spa model that will become that special place to help reclaim your inner calm.



PRESTIGE SPAS

Essential, invigorating hydrotherapy



Your Prestige spa works like the healing hands of an experienced masseuse, each jet positioned perfectly to loosen the tightest knots in your neck and shoulders, lower back, legs and feet. Each jet is individually adjustable to allow you to obtain the right intensity to melt away your aches and pains.

Large rotary jets pummel your upper and lower back, our Quattro neck jets act like strong fingers working those tight shoulders, strong foot jets deliver relief to your feet, whilst Accu jets helps circulation in the backs of your legs without being too rough. This is the Prestige experience.



Ergonomically engineered interior

Every lounge and seat in your Prestige spa is designed for comfort and to allow your body to settle and relax. Smooth contours and gently supportive seats allow the flush-fitting unobtrusive hydrotherapy jets to work their magic whether you are sitting or reclining.

Multi-height seating in most of our range is perfect for both adults and children. Computer aided design of the interior means the jets in a Prestige spa will be just where you need them - you'll feel the comfort and support straight away, and your journey to ultimate relaxation will have begun.



Prestige Spas FEATURES

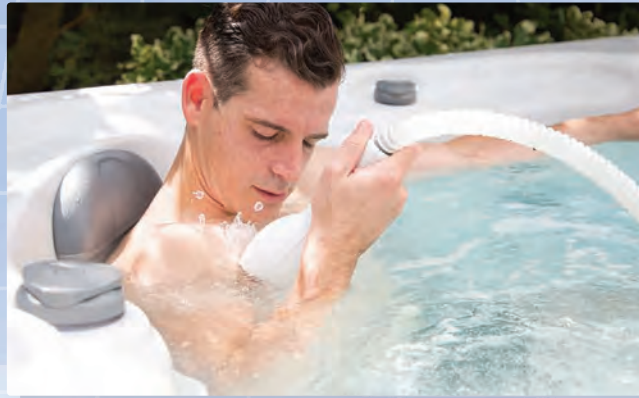
Intuitive Top Side Key Pad

Your Prestige spa is fitted with the top-of-the-range In.k 1001 key pad by Gecko. The new, fully featured keypad with colour display has no physical buttons or keys, just a touch screen keypad which is fun to use, simple to learn and features an engaging one level menu interface.



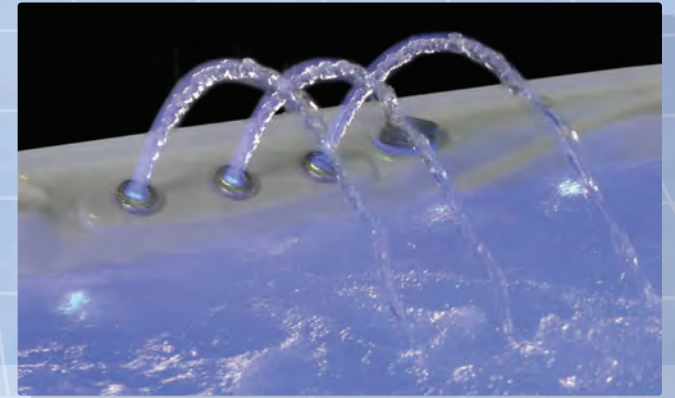
Optional Hand Held Massage Jet

The hand held massage jet allows you to massage your legs, upper body or anywhere that's difficult to get to with a conventional jet. The massager is easy to install using an existing spa jet face and can be removed and stored as required.



Fontaine de Vie™

The sound of gently splashing water can be especially calming and when combined with light flowing through the controllable Fontaine de Vie™ waterfall in 3 gentle arcs, will help your mood melt into peace and tranquillity.



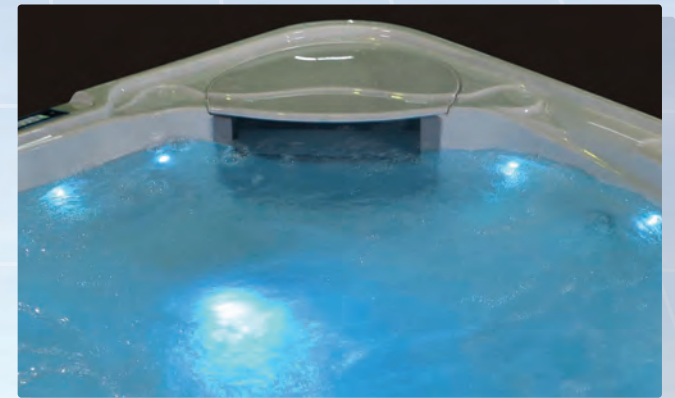
Multi-Point 7 Colour Spa Lighting

When the sun goes down it's time for the light show to begin. Your Prestige hot tub has 6 different LED lighting points: a large underwater light, water edge lighting all around the spa, lighting behind the spa pillows to create non direct mood lighting, beneath the Fontaine De Vie waterfall, the bar top controls and a courtesy light above the outside steps. Choose your favourite colour or set the lights to rotate through all the colours and let the illumination cascade through the spectrum at a pace to suit your mood.



100 % Filtered Spa Water

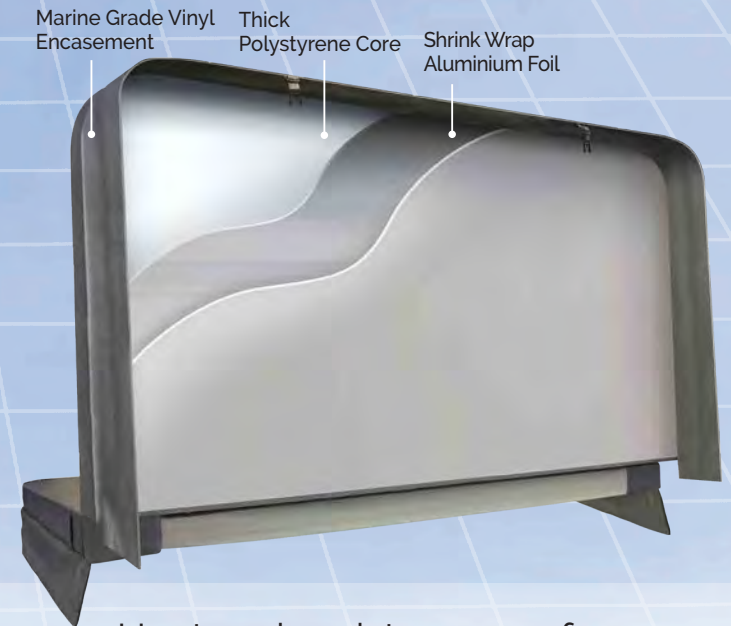
Each pump has a dedicated filter which cleans the water both when it is in filtration mode and whenever the massage jets are in use. Out of sight behind the floating weir gate, the filters are easy to access for cleaning and replacement.



Ultimate INSULATION SYSTEM and efficient engineering

There are many methods of spa insulation, but the ultimate aim is to retain as much heat as possible and to keep re-heating costs ultra low. Prestige Spa shells are enveloped in 100mm of heat retaining foam (a typical domestic hot water tank has 20mm) which completely eliminates heat loss through the spa walls. The Low maintenance spa cabinet is backed with reflective foil, and together with the ABS spa base, traps waste heat from the pumps and heater.

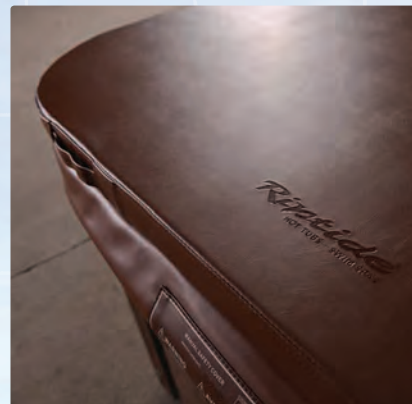
The pumps and heater produce heat as a by-product of their operation. Prestige Spas retain this heat inside the cabinet space which is then drawn back into the spa water via the air for the jets, thus recycling the waste heat and increasing energy efficiency.



Easy to access components

Traditionally spa manufacturers position the pumps, control boxes and heaters around all four sides of the spa. With such spas, if they are placed in a corner, against a hedge or up against a wall, then in the event that an engineer needs to get inside it has to be drained, moved, repaired, pushed back and

refilled, wasting valuable time and money. This is not the case with Prestige Spas. All components are positioned on the same side as the compartment door. In the event that an engineer needs to get inside your spa all that is needed is to pull away the steps and open the cabinet!



Heat and moisture-proof cover

The spa cover is an important barrier against heat loss. Riptide's fully tailored marine grade vinyl covers have extra insulation to maintain water temperature. The core is made of 100mm polystyrene which in turn is covered in two layers of heat-reflecting, shrink-wrap aluminium foil. This foil layer also keeps water out of the polystyrene, protecting the core from getting heavy through damage by ozone and chlorine which are ever present in your spa water.

Child proof locking straps, built in handles, fitted wind skirt and additional hinge insulation (a traditionally weak spot in many spa cover designs) all come as standard.

Low maintenance wood-effect cabinet



Coffee Coastal Grey

Available in Coffee or Coastal Grey, the UV resistant, low maintenance, wood-effect cabinet is made from individual slats which when assembled look like high quality joinery. To keep the cabinet clean, just wash with a sponge and soapy water or with a pressure washer.



Sensational spa sound

Fitted as standard on Prestige Spas is the awesome Canadian manufactured Gecko In.stream 2 Bluetooth audio amplifier system. Coupled with two 50w shell mounted transducers and a separately mounted subwoofer, the In.stream 2 audio system transforms the hot tub shell into a huge speaker for great in-spa sounds.



It's easy to connect your phone or device by Bluetooth to the In.stream 2 System in your spa, whilst leaving your phone or device well away from the wet area. Control your music volume and track selection from the Gecko bar top key pad.



Beautiful shell acrylics by Lucite™



Smooth, curvaceous, refined and eternally beautiful, the Lucite™ shell is the heart of a Prestige Spa. Moulded and formed in extreme heat, the marbled and solid colours flow and swirl over tight edges and soft curves without a blemish. Only Lucite™, moulded by Prestige, delivers durable beauty that will stand the test of time.

PRESTIGE SPAS

LIMITED WARRANTY

8 Year Structural and 5 Year Surface Warranty

Riptide warrants the sub frame and structure not to crack or fracture for a period of eight years from delivery date. Additionally, the Lucite™ surface material of the Riptide Spa is warranted not to peel, crack, wrinkle, blister, yellow, efface or delaminate for a period of five years from the spa's delivery date. The Lucite™ surfaces are non-permeable and will not absorb odours, bacteria or pollutants.

1 Year Trim and Cover Warranty

Riptide warrants the cosmetic trim and spa cover to be free from defects in materials and workmanship for a period of one year from the spa's delivery date.

5 Year Gecko Hi Flow 3kw Heater Warranty

Riptide warrants the Gecko Hi Flow 3kw heater against fault in manufacture or faulty workmanship for a period of five years from its delivery date.

2 Year LED Light Warranty

Riptide warrants the LED lighting chains and bulbs to be free from defects of materials and workmanship for two years.

5 Year No Leak Warranty

Riptide warrants your Prestige Spa not to leak for a period of five years from its delivery date. This warranty specifically covers leaks from the wall fittings, jet fittings, internal plumbing, internal glue joints, freeze drains and all bonded parts including the filter chamber and light fittings.

5 Year UV Resistant Low Maintenance Cabinet Warranty

Riptide warrants the UV resistant synthetic wood cabinet material not to peel, crack, wrinkle, blister or delaminate and to be free from defects in workmanship for a period of five years from the spa's delivery date. This warranty specifically covers the cabinet's structural integrity, including all glue and integral bonded joints.

5 Year Component Warranty

Riptide warrants the electrical components, pumps, control box and other spa components against malfunction or defects in workmanship for five years from its delivery date. Filter cartridges, spa pillows and cover locks are not included in this warranty, but are warranted to be free from defects in materials or workmanship at the time of delivery to the original consumer purchaser.

1 Year Ozone Generator Warranty

The ozone generator has a warranty for one year, or 8,000 operating hours, whichever comes first.

No-Nonsense Warranty Riptide will make no call-out or labour charges or ask for part payment of parts for the entire warranty period, provided that your Prestige Spa has had an annual service within the last 12 months to validate the warranty.



Warranty subject to terms and conditions.

ELAN



The stylish three person Elan is our most compact model with a full length lounger.

Transform that shady spot on your patio or in your garden with an Elan Spa. Easy to own and operate, this compact three person spa provides a great hydro massage as well as being an attractive piece of furniture when not in use.

The thermal cover cantilevers back behind the spa out of sight with no effort at all. With its warm, clean water, your Elan will be ready to use whenever you want to relax.



Cabinet options



Coffee Coastal Grey

Shell options*



Sterling White Marble Ocean Wave Pearl Shadow

TECHNICAL SPECIFICATIONS

3hp two speed hydro massage pump
Gecko programmable IN.YE5 control system
Gecko colour touch screen In.k 1001 bar top control
Fontaine de Vie™ waterfall
Silent circulation pump, Gecko Hi Flow 3 kw heater
Easy to clean 100% filtration system
One side equipment access

Bar top air control
Full foam insulation includes foam shell and cabinet with completely sealed air gap
Bottom drain for easy water changes
Exterior courtesy light,
Corona discharge ozone mixer
Anti-bacterial ioniser
8 Year limited warranty

Elan Overview



Dimensions	2155mm x 1640mm x 760mm, 1 lounger and 2 seats
Cabinet	Low maintenance cabinet in Coffee or Coastal Grey
Shell	Lucite™ acrylic available in Sterling White Marble, Ocean Wave or Pearl Shadow
Jets	28 hydrotherapy jets in 4 varieties
Weight	Empty: 288 kg Full: 1172 kg
Volume	668 Ltr
Power Supply	18 amps
Lighting	Multi-colour 6 point lighting system with 7 colour options & 3 modes
Audio	Gecko In.stream bluetooth audio with transducer, speaker and subwoofer system



* Filter cover and shell are made from the same sheet but due to technical reasons they may not be a perfect match

CHANCELLOR



The double lounge, four seater Chancellor is a luxury spa packed with features that other spas can only aspire to.

When you are exhausted and need to unwind, only a lounge each will do. In a lounge your body posture is more relaxed, instantly reducing stress. Let the massage jets get to work on your tight neck and upper and lower back, with gentle jet pulses on the backs of your legs plus strong jets to soothe your feet.

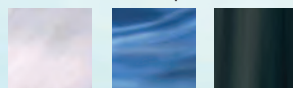


Cabinet options



Coffee Coastal Grey

Shell options*



Sterling White Marble Ocean Wave Pearl Shadow

TECHNICAL SPECIFICATIONS

1 x 3hp one speed and 1 x 3hp two speed pumps
Gecko programmable IN.YE5 control system
Gecko colour touch screen In.k 1001 bar top control
Fontaine de Vie™ waterfall
Silent circulation pump, Gecko Hi Flow 3 kw heater
Easy to clean 100% filtration system
One side equipment access

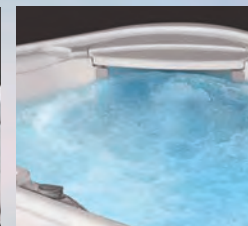
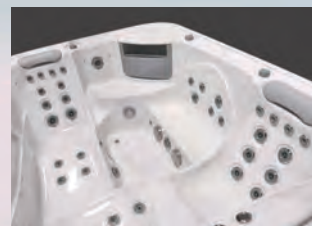
Bar top air control
Full foam insulation includes foam shell and cabinet with completely sealed air gap
Bottom drain for easy water changes
Exterior courtesy light
Corona discharge ozone mixer
Anti-bacterial ioniser
8 Year limited warranty

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Chancellor Overview



Dimensions	1890mm x 2360mm x 920mm, 2 loungers and 2 seats
Cabinet	Low maintenance cabinet in Coffee or Coastal Grey
Shell	Lucite™ acrylic available in Sterling White Marble, Ocean Wave or Pearl Shadow
Jets	42 hydrotherapy jets in 4 varieties
Weight	Empty: 413 kg Full: 1491 kg
Volume	1150 Ltr
Power Supply	21 amps
Lighting	Multi-colour 6 point lighting system with 7 colour options & 3 modes
Audio	Gecko In.stream bluetooth audio with transducer, speaker and subwoofer system

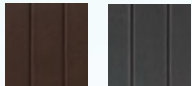


VICEROY

Relax in extreme comfort in the spacious Viceroy, featuring 44 Hydro massage jets shared between five luxury seating positions.



Cabinet options



Coffee Coastal Grey

Shell options*



Sterling White Marble Ocean Wave Pearl Shadow

TECHNICAL SPECIFICATIONS

- 1 x 3hp one speed and 1 x 3hp two speed pumps
- Gecko programmable IN.YE5 control system
- Gecko colour touch screen In.k 1001 bar top control
- Fontaine de Vie™ waterfall
- Silent circulation pump, Gecko Hi Flow 3 kw heater
- Easy to clean 100% filtration system
- One side equipment access

* Filter cover and shell are made from the same sheet but due to technical reasons they may not be a perfect match

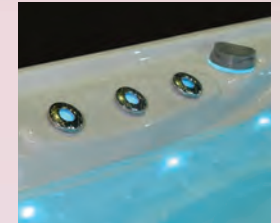
The spacious Viceroy model offers you bags of room to stretch out and relax. With its symmetrical proportions and attractive good looks it will look perfect on your deck or patio.

Inside there is a lounge with foot support for bathers of all sizes plus three oversized seats, all with foot massage jets. In addition, the Viceroy has an inside step for easy access which can also be used for cooling down or as children's seating.

Viceroy Overview



Dimensions	2135mm x 2142mm x 920mm, 1 lounge and 4 seats
Cabinet	Low maintenance cabinet in Coffee or Coastal Grey
Shell	Lucite™ acrylic available in Sterling White Marble, Ocean Wave or Pearl Shadow
Jets	44 hydrotherapy jets in 4 varieties
Weight	Empty: 349 kg Full: 1670 kg
Volume	1253 Ltr
Power Supply	20 amps
Lighting	Multi-colour 6 point lighting system with 7 colour options & 3 modes
Audio	Gecko In.stream bluetooth audio with transducer, speaker and subwoofer system



PRESIDENT



The President is our top of the range lounge spa and the perfect place to unwind and socialise.

Featuring 46 jets, once immersed in the President's warm, inviting water, you'll never want to leave. The Presidential seat has full upper & lower body jets, double foot and wrist jets. The lounge has neck, shoulder and upper and lower back jets, calf and dedicated foot jets. The other 3 seats offer a variety of jet options, making the President the ultimate spa.

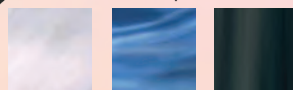


Cabinet options



Coffee Coastal Grey

Shell options*



Sterling White Marble Ocean Wave Pearl Shadow

TECHNICAL SPECIFICATIONS

1 x 3hp one speed and 1 x 3hp two speed pumps
Gecko programmable IN.YE5 control system
Gecko colour touch screen In.k 1001 bar top control
Fontaine de Vie™ waterfall
Silent circulation pump, Gecko Hi Flow 3 kw heater
Easy to clean 100% filtration system
One side equipment access

Bar top air control
Full foam insulation includes foam shell and cabinet with completely sealed air gap
Bottom drain for easy water changes
Exterior courtesy light
Corona discharge ozone mixer
Anti-bacterial ioniser
8 Year limited warranty

* Filter cover and shell are made from the same sheet but due to technical reasons they may not be a perfect match

President Overview



Dimensions	2260mm x 2140mm x 920mm, 1 lounge and 4 seats
Cabinet	Low maintenance cabinet in Coffee or Coastal Grey
Shell	Lucite™ acrylic available in Sterling White Marble, Ocean Wave or Pearl Shadow
Jets	46 hydrotherapy jets in 4 varieties
Weight	Empty: 400 kg Full: 1773 kg
Volume	1400 Ltr
Power Supply	21 amps
Lighting	Multi-colour 6 point lighting system with 7 colour options & 3 modes
Audio	Gecko In.stream bluetooth audio with transducer, speaker and subwoofer system



MONARCH



The Monarch spa accommodates up to six bathers and includes a full length lounge within its cleverly designed interior.

The Monarch features free-form seating which allows you to move from one seat to another with ease. For extra relaxation, the full length lounge offers the perfect hydrotherapy massage after a long, tiring day.



Cabinet options



Coffee Coastal Grey

Shell options*



Sterling White Marble Ocean Wave Pearl Shadow

TECHNICAL SPECIFICATIONS

1 x 3hp one speed and 1 x 3hp two speed pumps
Gecko programmable IN.YE5 control system
Gecko colour touch screen In.k 1001 bar top control
Fontaine de Vie™ waterfall
Silent circulation pump, Gecko Hi Flow 3 kw heater
Easy to clean 100% filtration system
One side equipment access
Bar top air control

Full foam insulation includes foam shell and cabinet with completely sealed air gap
Bottom drain for easy water changes
Exterior courtesy light
Corona discharge ozone mixer
Anti-bacterial ioniser
8 Year limited warranty

* Filter cover and shell are made from the same sheet but due to technical reasons they may not be a perfect match

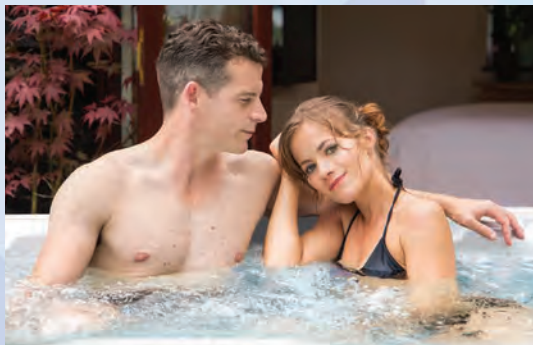
Monarch Overview



Dimensions	2040mm x 2360mm x 920mm, 1 lounge and 5 seats
Cabinet	Low maintenance cabinet in Coffee or Coastal Grey
Shell	Lucite™ acrylic available in Sterling White Marble, Ocean Wave or Pearl Shadow
Jets	42 hydrotherapy jets in 4 varieties
Weight	Empty: 385 kg Full: 1609 kg
Volume	1150 Ltr
Power Supply	21 amps
Lighting	Multi-colour 6 point lighting system with 7 colour options & 3 modes
Audio	Gecko In.stream bluetooth audio with transducer, speaker and subwoofer system



AMBASSADOR



The Ambassador's attractive, square proportions and fantastic jet features make it a very versatile spa, offering comfortable seating for up to six people.

Two of the Ambassador's corner seats have both neck and shoulder massage along with jets for the upper and lower back. The open plan seating design allows bathers to move easily from seat to seat to enjoy all the different jet features.

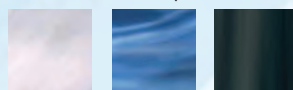


Cabinet options



Coffee Coastal Grey

Shell options*



Sterling White Marble Ocean Wave Pearl Shadow

TECHNICAL SPECIFICATIONS

- 1 x 3hp one speed and 1 x 3hp two speed pumps
- Gecko programmable IN.YE5 control system
- Gecko colour touch screen In.k 1001 bar top control
- Fontaine de Vie™ waterfall
- Silent circulation pump, Gecko Hi Flow 3 kw heater
- Easy to clean 100% filtration system
- One side equipment access

Bar top air control

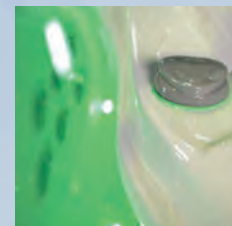
- Full foam insulation includes foam shell and cabinet with completely sealed air gap
- Bottom drain for easy water changes
- Exterior courtesy light
- Corona discharge ozone mixer
- Anti-bacterial ioniser
- 8 Year limited warranty

* Filter cover and shell are made from the same sheet but due to technical reasons they may not be a perfect match

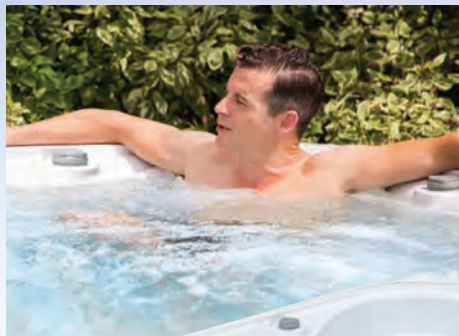
Ambassador Overview



Dimensions	2210mm x 2210mm x 920mm, 6 seats
Cabinet	Low maintenance cabinet in Coffee or Coastal Grey
Shell	Lucite™ acrylic available in Sterling White Marble, Ocean Wave or Pearl Shadow
Jets	34 hydrotherapy jets in 4 varieties
Weight	Empty: 353 kg Full: 1717 kg
Volume	1120 Ltr
Power Supply	21 amps
Lighting	Multi-colour 6 point lighting system with 7 colour options & 3 modes
Audio	Gecko In.stream bluetooth audio with transducer, speaker and subwoofer system



EXCELSIOR



If space is tight on your patio or deck but you still require six or seven seats in your spa, the Excelsior is a Tardis amongst luxury hot tubs.

Featuring a total of 30 hydrotherapy massage jets means all seven seats in the compact Excelsior have some Hydro action, and with its open plan, all seater layout this is a very sociable spa to own and enjoy.

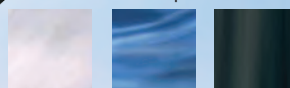


Cabinet options



Coffee Coastal Grey

Shell options*



Sterling White Marble Ocean Wave Pearl Shadow

TECHNICAL SPECIFICATIONS

1 x 3hp two speed and 1 x 2hp one speed pumps
Gecko programmable IN.YE5 control system
Gecko colour touch screen In.k 1001 bar top control
Fontaine de Vie™ waterfall
Silent circulation pump, Gecko Hi Flow 3 kw heater
Easy to clean 100% filtration system
One side equipment access

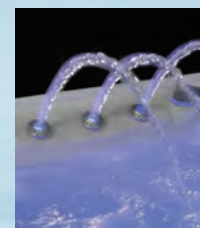
Bar top air control
Full foam insulation includes foam shell and cabinet with completely sealed air gap
Bottom drain for easy water changes
Exterior courtesy light
Corona discharge ozone mixer
Anti-bacterial ioniser
8 Year limited warranty

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Excelsior Overview



Dimensions	1880mm x 2220mm x 920mm, 7 seats
Cabinet	Low maintenance cabinet in Coffee or Coastal Grey
Shell	Lucite™ acrylic available in Sterling White Marble, Ocean Wave or Pearl Shadow
Jets	30 hydrotherapy jets in 4 varieties
Weight	Empty: 353 kg Full: 1439 kg
Volume	1280 Ltr
Power Supply	20 amps
Lighting	Multi-colour 6 point lighting system with 7 colour options & 3 modes
Audio	Gecko In.stream bluetooth audio with transducer, speaker and subwoofer system



REGENT



The Regent is the largest spa in the Prestige range and is the ultimate all seater hot tub.

The Regent is all about subtle, understated styling, absolute luxury, oversize spa seating and awesome hydrotherapy.

The 52 jets in the Regent are supplied by three powerful pumps to offer the ultimate hydrotherapy across all seven seats. With a comfortable, open plan layout and plenty of room for friends and family, your oasis of tranquillity is waiting to welcome you.

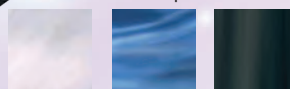


Cabinet options



Coffee Coastal Grey

Shell options*



Sterling White Marble Ocean Wave Pearl Shadow

TECHNICAL SPECIFICATIONS

1 x 3hp two speed and 2 x 3hp one speed pumps
Gecko programmable IN.YE5 control system
Gecko colour touch screen In.k 1001 bar top control
Fontaine de Vie™ waterfall
Silent circulation pump, Gecko Hi Flow 3 kw heater
Easy to clean 100% filtration system
One side equipment access

Bar top air control

Full foam insulation includes foam shell and cabinet with completely sealed air gap
Bottom drain for easy water changes
Exterior courtesy light
Corona discharge ozone mixer
Anti-bacterial ioniser
8 Year limited warranty

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Regent Overview



Dimensions	2540mm x 2320mm x 970mm, 7 seats
Cabinet	Low maintenance cabinet in Coffee or Coastal Grey
Shell	Lucite™ acrylic available in Sterling White Marble, Ocean Wave or Pearl Shadow
Jets	52 hydrotherapy jets in 4 varieties
Weight	Empty: 570 kg Full: 2301 kg
Volume	1818 Ltr
Power Supply	32 amps
Lighting	Multi-colour 6 point lighting system with 7 colour options & 3 modes
Audio	Gecko In.stream bluetooth audio with transducer, speaker and subwoofer system



MORE THAN A HOT TUB

The benefits to your health and well-being

Promotes weight loss

In clinical studies patients who use hot tubs lost an average of 3.5 pounds in weight without any new diet or physical exercise programmes.

In short, the weight loss resulted from the hot water massage simulating the effects of exercise, on the muscles.

Stress relief

Stress results in muscle tension, headaches, fatigue and soreness. Regular hot tub use, through a combination of buoyancy, heat and massage relieves tension and stress.

Buoyancy eases pressure in joints and muscles, while heat increases blood flow to muscles and accelerates healing. Additionally, hot tub jets provide therapeutic massage, stimulating the release of endorphins, which are the body's natural painkiller.

Lower diabetic blood sugar levels

A study by the New England Journal of Medicine found that bathing in a hot tub simulates the beneficial effects of exercise.

The result is that patients with type 2 diabetes who soak in a hot tub for 30 minutes a day, 6 days a week for 3 weeks, experience a reduction in blood sugar levels by an average of 13%.

Be together

Spend time together, immersed in warm water. The spa becomes a private and safe place where people can relax, let their guard down, and enjoy meaningful conversation and special moments with loved ones.

Be outside

Take a pause and appreciate beautiful sunsets, starry nights, falling snow, changing leaves, and much more. With a hot tub, you have a private retreat steps away from your door. Surrounded by nature, you can take in the beauty we often take for granted.

Be yourself

Be at your best every day by making a spa a part of your daily ritual. Experience relief of stress and tension from sore muscles and emotional and mental benefits. Immersed in warm water, you can disconnect and emerge renewed.

Minimise the pain of arthritis

For people with arthritis, the Arthritis Research Campaign recommends using a hot tub as an excellent way to apply heat to arthritic joints.

Benefits of a soak in a hot tub can include muscle relaxation, decreased pain and joint stiffness and greater ease when performing exercise and daily activities.

Sleep more soundly

No more counting sheep! According to the National Sleep Foundation, 30 million Britons suffer from mild to chronic insomnia and other sleep disorders.

A study in the journal 'Sleep' showed that soaking in a hot tub prior to bedtime will not only help you fall asleep, but will provide a deeper, more relaxing sleep as the body cools.

Lowers blood pressure

A recent study for the Mayo Clinic recommended that relaxing in a hot tub can be beneficial for heart disease patients. The study showed that relaxing in a hot tub is less stressful on the heart and more beneficial than working out on an exercise bike! The study also demonstrated that soaking in the hot tub for as little as 15 minutes will lower blood pressure.

Riptide

For fitness, relaxation and fun



Riptide Pools Limited Registered in
England Company No. 06356472. Riptide™
Registered in the USA No. 3993763

 **HOT TUB BARN**
Wellness & Relaxation Specialists
www.hottubbarn.co.uk

ASHFORD Dobbies Garden Centre, Rutherford Road,
Eureka Leisure Park, Ashford, Kent TN25 4BN
Tel: 01233 665549

CAMBRIDGE Coton Orchard Garden Centre, Cambridge
Road, Coton, Cambridge CB23 7PJ Tel: 01954 211739

CHELMSFORD 41 Robjohns Road, Chelmsford
Essex CM1 3AG Tel: 01245 265036

FARNHAM Frensham Garden Centre, Reeds Road, Farnham
Surrey GU10 3BP Tel: 01252 792684

KING'S LYNN Dobbies Garden Centre, Campbells Meadow
Hardwick Road, King's Lynn, Norfolk PE30 4WQ Tel: 01553 764623

SEVENOAKS Polhill Garden Centre, Conservatory Village, London
Road, Sevenoaks, Kent TN14 7AD Tel: 01959 532460

WICKFORD Alton Garden Centre, Arterial Road, Wickford, Essex
SS12 9JG Tel: 01268 923773

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