



Dear Friend,

We are excited to bring you a new issue of hot tub tidbits, advice and savings that should help to keep you relaxed and soaking. This year we are celebrating Mountain Hot Tub's 30th Anniversary. Thank you for being a part of our family and our history. As always, we appreciate your patronage and look forward to serving you in the future.

Mountain Hot Tub of Bozeman and Butte & Hot Spring Spas of Helena



Water Chemistry



We are often asked "Why is my water cloudy?" Water may become cloudy for several reasons. Here is a list of the most common causes and solutions.

Lack of Sanitizer / User Wastes A build up of water soluble wastes such as perspiration, cosmetics and body oils can be controlled with periodic "shocking" of the spa.

Poor filtration Check to see if your filter is in good working order. If the filter is dirty, proper flow is restricted. Clean filters with BioGuard Filter Cleaner/Degreaser.

High pH pH in excess of 7.6 can cause water to cloud. Reduce pH to the proper range of 7.4 to 7.6 with BioGuard pH Decreaser.

High dissolved solids Solids accumulate in spa due to high use or chemical dosage over a period of time. These dissolve and become part of the general water chemistry. When the water becomes saturated, clarity is reduced. In this case, it is best to drain the spa and refill with fresh water.

What is "Shocking" (Oxidation)

The process of periodically adding significant doses of quick dissolving oxidizing chemical to destroy non-filterable organic wastes. In general it is a good rule to "Shock" your spa once a week even when the spa is not being used.

What are the most common products for "Shocking?" If you are a Everfresh System or a Chlorine user, shock your spa with BioGuard Chlorine. If you are using Bromine in your spa, shock your spa with BioGuard Bromine. If you are a

Soft Soak user just add your weekly dose of BioGuard Soft Soak Shock.

Questions???? Bring us a water sample.

YOUR COVER CAN SAVE YOU MONEY!

The insulating value of your cover is the biggest factor in minimizing hot tub heating costs. A cover that has deteriorated can easily tear affecting safety, heat retention and cleanliness of the water. A heavy cover means that it's taking on moisture and losing heat. Once it weighs so much it can't be lifted easily, it's impossible to repair. Furthermore, heavy covers may cause damage to cover lifters and spas with cover lifters.

Take a minute to assess your cover. You need a new cover if it is heavy and difficult to lift or if the vinyl is torn, brittle or flaking.

If your spa cover is still in great shape remember to keep the snow swept off. Snow or ice build up will shorten a cover's life span. A rake or shovel is the fastest way to puncture the vinyl. We recommend the Sno-Brum, it has a soft foam blade to remove snow quickly.

During milder temperatures, use a product like HotSpring Cover Shield to periodically condition and clean the cover. It also protects while returning the color and luster to the cover like it had when it was new.

Filter Maintenance

Clean filter elements 4-5 times a year with SpaGuard Filter Cleaner & Degreaser. Dirty filters result in decreased pump efficiency and less jet output. Your heater can also quit if flow is too low.

You need new filters if:

- You haven't replaced them in 2-3 years
- The filter is brown, gray or green or if it stays a dark yellow color after cleaning
- The hot tub has been transferred to a new owner
- The filter top or bottom has a crack or split

The filter element starts to shred or come apart

Hot Tub Tip



When draining and cleaning your spa during the winter months plan ahead. Pick a day that will be above 32 degrees. DO NOT leave a drained spa empty overnight. It is essential that the spa be drained, cleaned, refilled and power restored on the same day before the temperatures drop.



Let Us Do the Work for You

Our service department does more than just work on ailing spas. We can help you care for your spa too! Here is a list of spa maintenance we provide. If you should have any questions give us a call, we will be happy to tell you more.

Weekly Spa Care - May be scheduled weekly or bi-weekly we will check and adjust: the spas water chemistry; clean the cover; the spas bar top and waterline. We vacuum the spa and then we treat the spa to its weekly water care regimen. Call to check service availability and receive a quote.

Spa Refill - We drain the spa; clean the spa shell, filters and the cover. After we refill the spa we insure the spa is operating properly and then treat the spa water with your preferred water care regimen. We can also set you up on a schedule so we will automatically service your spa.

Shut Down/Winterization – We drain the spa and prepare it to remain empty for up to a year. This service protects the spa from damage especially in our Montana environment. If the spa is to remain outside and empty for longer than a year we recommend having it winterized again on a yearly basis from the initial service.

Start up - This is for spas that have been previously shutdown or winterized. We clean the spa of any debris or antifreeze and then fill the spa. Check the spa operation and then add the start up products according to your water care regimen.

Trade-Ins Always Welcome

Are you thinking about trading yourself to a new spa? We would love to help you select a new spa to update your personal “backyard getaway.” Trading in your spa is a great way to enjoy the latest features that Hot Springs has to offer. Plus, you get a brand new shiny cover & warranty. Stop in and talk to Jeff or Jerimiah.

The Cost of Relaxing

While the cost of energy is going up, you can be confident the operating cost of your Hot Spring will keep you down to earth.

Hot Spring Spas have proven that they are the most energy-efficient spas made. Compared with most spas, Hot Spring Spas cost 1/2 to 1/3 less to operate. In Montana a Hot Spring Spa will cost \$30 or less a month to operate. Want to see for yourself? Goto <http://www.hotspring.com> and use the energy calculator. Exponent, Inc. a third party independent laboratory has already done the testing for you.

In addition to saving energy, your spa is also conserving water to save you money. A bathtub can hold between 40-80 gallons of water. If a 60 gallon bathtub is used twice a week for 3 months, it uses 1440 gallons of water. Depending on the size of your spa, this is approximately 3-7 times more water needed to fill a hot tub.

What if you are a sauna enthusiast? Our General Manager Kelly King has calculated that if you sauna 5 times a week for a month that you will spend \$10 or less.

It is good to know whether you choose a spa or a sauna that you will be able to relax and really enjoy it instead of worrying about how much money or resources it will cost you. Go ahead relax. We know you love your hot tub (or sauna) and we want you to feel good about it.



Health & Benefits of Hot Tubs & Saunas

Hot tubs and saunas are a great way to relieve stress, reconnect with family, relax muscles and soothe aches in both muscles and joints. Here are some more of the many, many benefits.

- Stimulates the release of endorphins, the body's natural "feel good" chemical, giving you a sense of well being, rejuvenation. Endorphins are considered the body's natural pain killers.
- Eases muscle pain, fatigue, stiffness and soreness due to sports activities and exercising.
- Raises body temperature and causes blood vessels to dilate; resulting in increased circulation and blood flow which accelerate the body's natural healing process.
- Increased circulation provides cardiovascular stress similar to the stress created by light to moderate exercise.
- Speeds the elimination of lactic acids and other toxins, which are replaced by oxygen and the body's natural nutrients.
- Helps increase flexibility and range of motion, which can help prevent exercise-related injuries.
- Signals the body's internal thermostat to pull your temperature down, enabling you to drift into a deeper, more relaxing sleep.

The Arthritis Foundation recognizes the benefits of soaking in warm water.

- Soaking in a hot tub relieves pressure on joints.
- Decreases swelling and flexibility, which can help increase range of motion and protect joints against further damage.

Hot Tubs are also beneficial for individuals with Type 2 Diabetes as determined by a study published in the New England Journal of Medicine.

- Can reduce blood sugar levels by 13%
- Ideal for individuals who are physically unable to endure rigorous activity.

There are so many benefits to using a hot tub or a sauna that the decision to buy one is easy. The hard part is deciding on which one you like the most. We can help. Come see us at our showroom and ask us about our Showroom Clearance on 2008 Hot Spring Spas and Finnleo Saunas. For more information go to www.hotspring.com or www.finnleo.com



Psst! Have you heard?

Mountain Hot Tub is having its Showroom Clearance. We have to make room and we are going to pass on the savings while we are doing it. Stop in and check out the savings on **ALL** 2008 models of Hot Spring Spas. You already have a spa? Stop in and see the deals on our Finnleo sauna showroom models, you can save up to \$1000. See you soon.

Maybe something like this for the address page . . .



