



**SCAN THIS**  
for your  
**SIGNATURE  
HOT TUB  
WELLNESS  
GUIDE**



**SCAN THIS**  
for your  
**SERENITY  
HOT TUB  
WELLNESS  
GUIDE**



**SCAN THIS**  
for your  
**AQUATIC OR  
AQUAPLAY SWIM  
SPA WELLNESS  
GUIDE**



## HYDROPOOL WELLNESS GUIDES NOW AVAILABLE TO DOWNLOAD ONLINE FOR YOUR CONVENIENCE & ENJOYMENT.

We are now offering our in depth personal guides to wellness for each of our brands to provide you with everything you need to know, enjoy and to get the best use out of your Hydropool Hot Tub or Swim Spa.

Remember, that personalized usage of your hot tub or swim spa can help you benefit from a genuine sense of well-being. In these guides, we have identified the basic health issues mentioned by our customers to provide you with the means to benefit fully from your hot tub's or swim spa's potential.

We are all unique individuals. Our genetic makeup, our body size and our lifestyle all play a role in defining our sensitivity to various recommended massages. When you immerse in warm water it places the body in an environment where gravity is practically non-existent. Hydropool's Zone Therapy and specifically targeted massage action brings multiple benefits, this in turn leads to a release of various tensions. If you lead an active lifestyle or suffer from severe and recurring disorders, we highly recommend that you speak with your physician first.

Each of these guides cover the main health issues for which your hot tub or swim spa can bring some relief, as well as certain themes related to relaxation (reflexology zones, colour therapy, essential oils). You can pair up various approaches for more effective results.