

BENEFITS OBTAINED

Stress Relief

Chill in a hot tub—the perfect antidote to a stressful life!

Help for Insomnia

A Dip a Day keeps Insomnia Away!

Promotion of Healing

Hot water cleanses the body and promotes natural healing

Pain Relief

Just like having your own personal masseuse!

Entertainment

It's just good fun!

General Notes

HOT TUBS

Your Hot Tub is sparkling clean when you arrive

Checks on the water will be carried out twice a day

Occasionally, if the water becomes very cloudy during your stay then the Hot Tub will need to be emptied. It can take up to 12 hours to reheat.

On the day of departure, your Hot Tub may need to be emptied from 8.00 am.

Your Hot Tub will be maintained throughout your stay but we do not accept responsibility if it is not available for whatever reason



Hot Tub Information

*Health and Safety
Notes on Using
your Hot Tub*

01578 750642

Using your Hot Tub

Showering

For hygiene purposes, it is recommended that you shower before and after using the hot tub

Clothing

Rinse any clothing used in the hot tub in cold clear water—do not use detergents as this could affect the water in the Hot Tub

Pregnancy

During pregnancy, soaking too long in a hot tub may cause damage to the unborn baby. Limit use to 10 minutes at a time. It is recommended that you check with your doctor

Prevent Drowning

Heat speeds up effects of alcohol, drugs or medicine and can cause unconsciousness. Leave the Hot Tub immediately if uncomfortable or sleepy

Electrics

Do not place any electrical appliance of any sort within 10 feet of the Hot Tub or in the Hot Tub

Pets

Please do not allow pets into the Hot Tub

Cuts

People with cuts or external infections should not use the Hot Tub

Slipping

Be careful about slipping when you get out of the Hot Tub. Keep a towel handy to dry off. *(The blue and white towels are provided for use outside with the hot tub)*

Timing

Be aware of the amount of time you have been in the tub. Soaking in the warm water can raise your body temperature to dangerous levels. 15 minutes in water no warmer than 38 degrees Centigrade is considered safe. If you want to use the Hot Tub for a longer time, take a break

Dehydration

Soaking in the warm water can dehydrate you, which could lead to nausea, dizziness, or fainting. Take breaks from your hot tub and drink water before getting back in

Glass

Please use the Plastic glasses outside to ensure there is no danger of broken glass around or in the Hot Tub

Temperature

The temperature is set at 38 degrees. This is shown on the Lamont and Ramsay Hot Tubs and there is a Green Light on the Buchanan and The Lodge

Maintaining the Temperature

Using the Jets/Blowers will rapidly reduce the temperature. The colder the outside weather, the more quickly the Hot Tub will cool down

Covering the Hot Tub

Replace the cover securely when not in use. If the cover is left open the temperature will drop rapidly. Make sure all the jets/blowers are switched off

Medical

Do not use the Hot Tub if you have a medical condition without discussing it with your doctor first. While studies have shown a Hot Tub can be very beneficial, your doctor may advise you about specific temperature settings, how long it is safe to stay in, and any warning signs that you may be in trouble

General

It is best, and usually more fun, to have someone in the Hot Tub with you. If you are in the Hot Tub alone, make sure someone responsible in the household is aware that you are in the tub and how long you have been in