#SundanceLife

Sundance® Spas

Buyer's Guide

Relaxation,
Hydrotherapy,
Bonding,
and more

7 Reasons

Why a Hot Tub Does a Body Good

Your Pull-Out Yard Plan

For family fun, solo relaxation, or sophisticated socializing, a Sundance® spa is the perfect fit for your home.

With more than 40 years of experience crafting high-quality spas, our aim is to help you enjoy life's moments and appreciate the good things. Let us worry about the details that go into providing a quality spa and hydrotherapy experience—you just sit back, and enjoy. To begin your journey, start exploring all of the features that Sundance® spas have to offer, and learn how to make spa time a focal point in your journey to share meaningful moments with the people you love.







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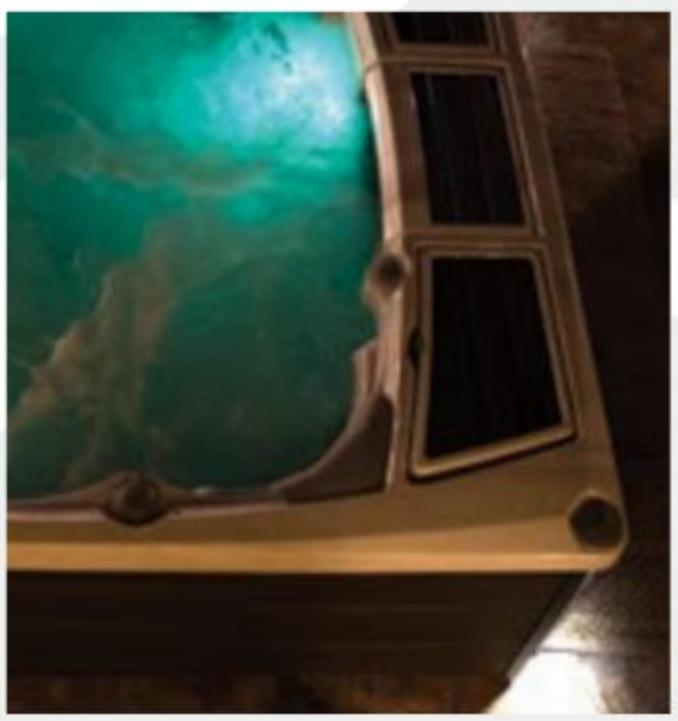
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Your Pull-Out Yard Plan







Rejuvenate with Relaxation and Hydrotherapy

Hydrotherapy is a warm water massage that offers a restorative, therapeutic experience. Thanks to the winning combination of heat, buoyancy, and massage, hydrotherapy helps create a sense of calm and comfort as it relaxes muscles and relieves pressure on nerves and joints. Since the art of relaxation goes hand in hand with hydrotherapy, hot tub time allows you to take a break from work worries and multitasking mania that consume so much of your life.

Here are three of the most important ways submerging in your spa sanctuary can help you rehabilitate your body, mind, and soul—and strengthen your relationships.

1 You'll Enjoy a Reprieve from the Grind

Does this sound familiar? You have a particularly stressful day, and before you know it, you can feel the muscle tension developing. Sometimes you'll get headaches, sleeplessness, fatigue, and soreness, too. And since how we feel physically can affect our thoughts, moods, and ability to enjoy life to the fullest, it can turn into a vicious cycle.

Hydrotherapy has proven to be an effective solution to break the cycle. Of course, time in your Sundance® spa isn't just about temporary relaxation; it's about finding balance and learning how to relax.

2 You Can Experience the Best Bodywork Techniques Right at Home

People often turn to deep tissue massage, Swedish massage, and acupressure when their muscles need some relief. With its strategically placed variety of powerful Fluidix® jets, a Sundance® spa experience offers attributes of each of these popular body treatments.

The spas also feature air-only jets that offer a soft tissue experience. Plus, all of the jets are adjustable for those moments you prefer a more gentle massage.

From deep muscle penetration and neck tension and joint pain relief to a more relaxed state of mind, hydrotherapy can help you heal and live your best life.

3 Those Who Spa Together, Bond Together



Owning a hot tub isn't only a luxury for your muscles and mind, it's a great way to connect with the special people in your life. Just picture yourself in these socially sensational spa scenarios:

Tech-free family fun. When was the last time everyone in your family was focused on each other, with no smartphones pinging or headphones dangling? Invite the whole crew to grab a spa seat to chat about everyone's day or their thoughts on a hot topic or silly pop culture trend. Then, when everyone is feeling more relaxed, take the opportunity to launch into deeper discussions.

Couple connection time. With nothing but the sound of soothing bubbles and some mellow tunes, enjoying time together in your spa is the perfect way to reconnect with your partner. Talk about everything under the sun (or the moonlight) like you used to do when you were dating–with no distractions.

Neighborly get-togethers. Your yard will give new meaning to the phrase "block party" when friends gather for some spa time, cocktails, and conversations. To help everyone loosen up, try playing a conversation-starting game like "Would you rather…?" or ask everyone what their top essentials would be if stranded on a deserted island.

Massage Options Abound: Read more on pg. 6

SOAK UP SOME TIMELESS CLASSICS:

The Ultimate Hot Tub Playlist

Stress-Zapping Songs

- "Margaritaville" by Jimmy Buffett
- "Three Little Birds" by Bob Marley
- "Beautiful Day" by U2
- "Drift Away" by Dobie Gray

Party Time Tunes

- "Can't Stop the Feeling" by Justin Timberlake
- "Uptown Funk" by Bruno Mars
- "Party in the USA" by Miley Cyrus
- "Raise Your Glass" by P!nk

Mellow Nights for Two

- "Moondance" by Van Morrison
- "All of Me" by John Legend
- "Stay" by Rihanna
- "Perfect" by Ed Sheeran

*Follow the **Sundance® Spotify account** for more hot tub playlist inspiration.*

A Massage Option for Every Muscle and Mood



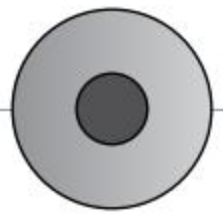
When you become a Sundance® spa owner, it's like having a team of massage therapists at your service. That's because each Fluidix® jet in the spa simulates a specific massage technique.

Here's a quick rundown of the "hands-free" massage sessions you can enjoy in your spa:



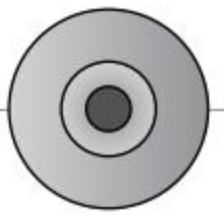
Dive into a delightful deep-tissue treatment. Fluidix® jets deliver the same vigorous, deep muscle-kneading reflexology techniques that a skilled therapist would.

The soothing warm water also heats muscles and improves circulation.



Submerge for Swedish massage-style muscle release. If you've enjoyed a Swedish massage, you'll quickly recognize the same circular strokes and firm, rhythmic kneading of the popular therapy.

The spacing of the jets delivers this targeted treatment to promote relaxation.



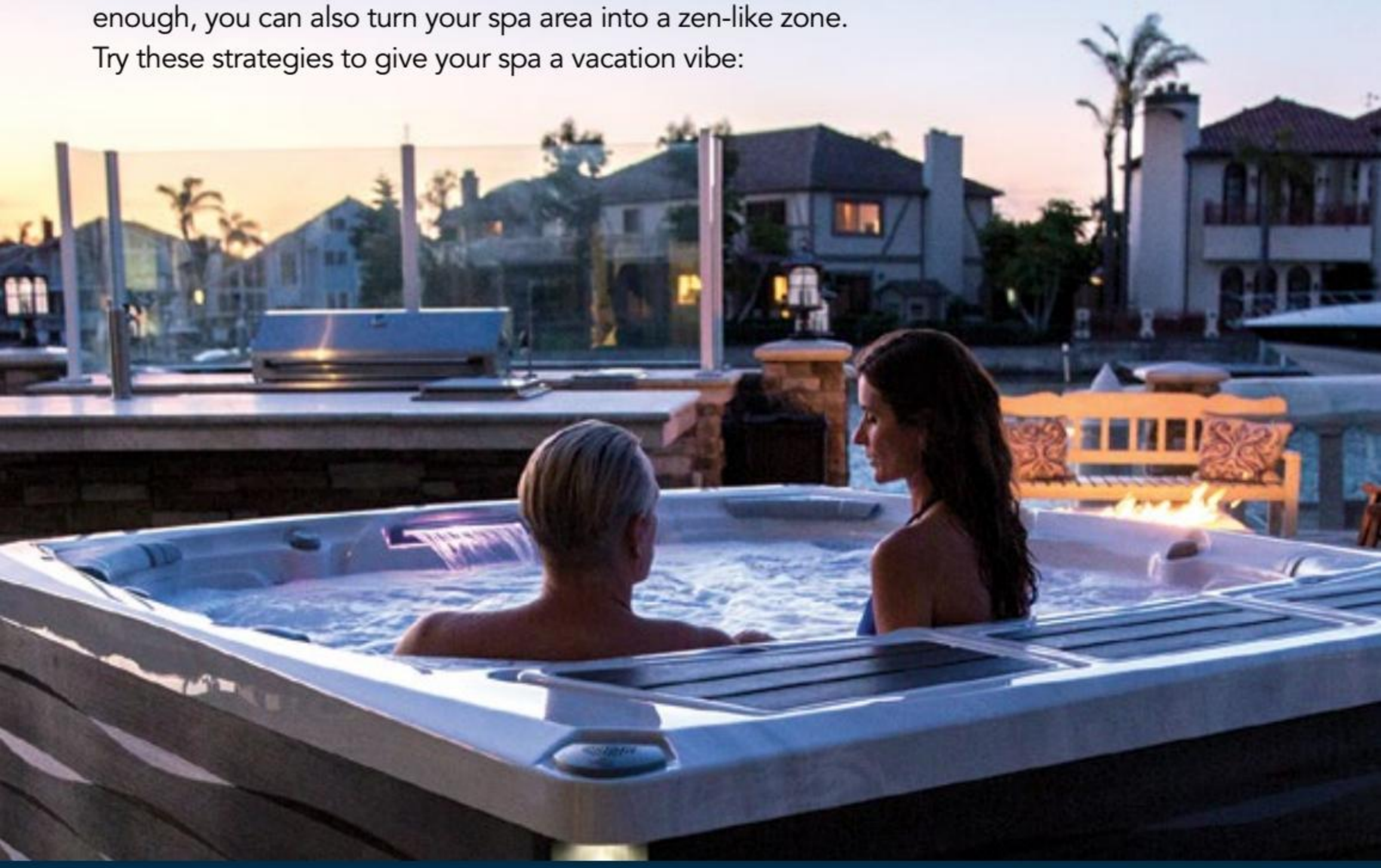
Take the plunge for some Shiatsu pressure-point pleasure. If you've ever had a massage therapist apply pressure using their thumbs and palms on specific points on the body, that was probably a Shiatsu massage.

In your spa, you can enjoy similar relief as the soft, targeted water stimulates your body's acupressure points.

No matter which type of hydrotherapy massage you choose, the end result is looser muscles, improved circulation, and deep relaxation.

5 Ways to Enhance Your Hot Tub Time

As if the massage treatments and soothing water weren't comforting enough, you can also turn your spa area into a zen-like zone. Try these strategies to give your spa a vacation vibe:



1. **EXPERIMENT WITH LIGHTING.** From choosing the perfect color scheme for your spa's lighting (known as chromatherapy) to strategically placing candles around the deck, lighting can really set the mood. All Sundance® spas come with adjustable LED lighting.

2. **INCORPORATE A BIT OF NATURE.** From bright summer blooms to year-round greenery, decorate your spa area with pretty planters for a garden-like feel. Also, consider how the fragrance of the surrounding plumage might enhance your aromatherapy.

3. **ADD WATER AND FIRE ELEMENTS.** In addition to your spa waterfall feature, a custom backyard waterfall or a tiered waterfall or fountain on a pedestal can add to the oasis-like vibe. And for those using their spa after the sun goes down, a nearby fire pit's flickering flames and crackling wood can add to the coziness of the setting.

4. **PROTECT YOUR PRIVACY.** If the neighbor's yard is just a few feet away, adding privacy fencing or moveable screens around your spa can help you maintain a sense of seclusion.

5. **ENJOY SOME AROMATHERAPY.** The Sundance® Spas SunScents™ System uses scented cartridges to infuse the water with the soothing scents of your choice. Options include lavender, summer rain, jasmine, and other mood-stimulating smells.

HOT TUB
Shopping Time

You already know it would enhance your life to have your very own hot tub. Now you just have to choose the one that's best for your needs. Here are some key features to ask about when you visit your spa dealer…

JET TYPES AND MASSAGE OPTIONS

When it comes to therapeutic benefits, not all hot tubs are created equal—which is why you'll want to inquire about the types of jets, their placement, and the kinds of massage they offer. If you have a specific physical issue (such as back soreness, or arthritis in your joints), make sure the hot tub you choose can target your problem areas. Sundance® spas feature Fluidix® jets that provide a variety of massage combinations.

HOW IT'S MADE

When buying a hot tub, it's important to consider both the materials and where the spa will be placed. For example, Sundance® spas feature a high-quality, UV-resistant synthetic cabinetry that's beautiful, durable and low maintenance.

WATER CARE

Embracing the spa lifestyle shouldn't mean you have to add extra work to your day. Choosing a hot tub that's low maintenance can make the experience of owning one so much better. Sundance® spas use the MicroClean® Ultra Filtration System that filters more water than typical spas. All models have CLEARRAY Active Oxygen™ technology that neutralizes waterborne pathogens, resulting in clean, fresh water.



980™ Series
Exclusive Cabinetry



MAINTENANCE AND MONITORING

When it comes to hot tub care, ask if there are any monitoring features to alert you when the spa needs servicing, like the indicator light on Sundance® spas.

Sundance® control panels also allow you to regulate your spa for energy-efficiency and lock it for safety, in addition to adjusting the jets and temperature.

And spas with apps like the SmartTub™ System remind you when you need to perform routine maintenance or if your spa needs attention, and more, making water care and spa ownership a breeze.

EASE OF USE AND AMBIANCE

Beyond the soothing sensations, you want your spa to have style. There are lots of enhancements that can help make your spa time even more spectacular. Some to ask about include underwater illumination, water features like waterfalls, smart device syncing, and touchscreen control panels.

Some Sundance® spa models also come equipped with a SunCooler™ cold storage area so you can keep cold drinks within arm's reach. You can also enjoy some SunScents™ aromatherapy.

Sundance® Spas:

EVERY SUNDANCE® SPA IS BUILT TO MAXIMIZE RELAXATION, WITH FEATURES THAT ARE FUN AND FUNCTIONAL.

BUILT WITH YOU IN MIND™



Sundance® control panels not only adjust jets and temperature, they also help you regulate the spa's energy efficiency.

Easy to see and navigate—day or night. The glass i-Touch Control in some models features a glowing, color touchscreen control, and icon-driven menus. And, the screen rotates and flips so that it's easily visible from in or out of the spa.

Stay in tune with your spa. Thanks to the SmartTub™ System, maintenance alerts let you know when your spa needs attention, and can connect you to your dealer directly. You can also adjust key settings, such as energy efficiency and temperature while away, and view your energy usage.

User-friendly: You don't have to be tech-savvy or have perfect vision to be able to operate a Sundance® spa.

ILLUMINATED GRAB BARS

Entering and exiting the spa should be a safe process, especially since water can make surfaces slippery.

Strategically safe. Sundance® spas feature robust grab bars that provide stability when moving around the spa. Lighting them for after-hours spa sessions ensures there's less chance of anyone slipping, while making it easier for anyone to get in and out of seats.

Safety first: Spa-goers of all ages can move in and out of the tub with ease.





LIGHTING

Great for both ambiance and safety, every Sundance® model integrates a variety of colored lighting into the spa experience.

Light the night. Evening enjoyment—yes—and the even glow helps ensure spa-goers can see their way in and out safely.

Enjoy the calming colors. Incorporating the principles of chromatherapy (color therapy) into the spa experience adds yet another level of comfort and relaxation.

Perfect for: Setting the mood, especially during couple time.

SIMPLIFIED MAINTENANCE

Some features aren't as sexy as others, but users come to appreciate them for the way they save time and simplify spa ownership.

Take a peek–no tools necessary. For instance, Sundance® spas provide easy access to the drain and critical components of your spa without having to sift through the toolbox.

Stay one step ahead. There's also an indicator light that lets you know how your spa is functioning, and changes colors when your spa needs some TLC.

Stress-free zone: Busy families want their spa to be about relaxation, not another item on their to-do list.



Wet TEST 101

Yes, you should "try before you buy" when it comes to an investment purchase like a hot tub. Your local dealer can schedule a "wet test" to help you determine the spa that's best for you. Just bring your bathing suit, a towel/robe, and a change of clothes—and get ready to indulge.

Here's what to think about when you take the plunge:

✓ Are the seats comfortable? Move around to try out the different seat options (therapy, lounge, etc.). Make sure there is enough legroom when sitting across from someone, and that your shoulders don't feel cramped.

Also, take note of the water level when you're sitting. You'll want it to be above your shoulders, especially if you plan to use the spa at night or during the colder months.

Having multilevel seating is also good for families since kids can sit in "cool down" seats above the waterline.

✓ How do the jets feel? Make sure the jet placements are focused on the spots where you need the most relief.

Try out all of the different massage options and adjust the jets to customize the massage experience.

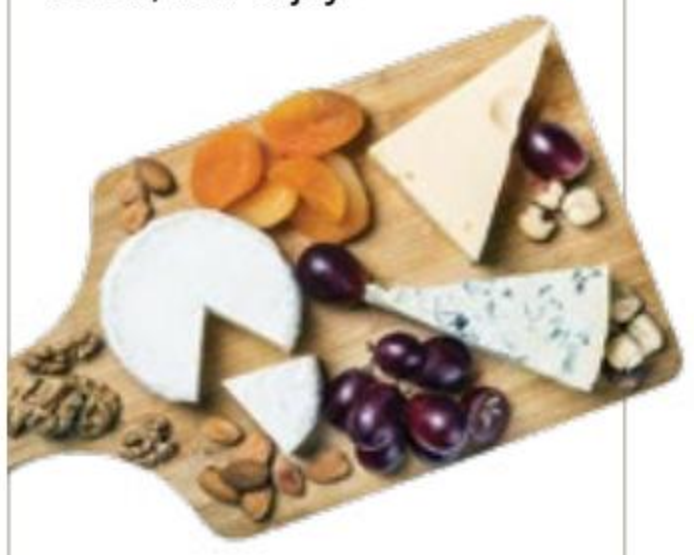
✓ Which features are on my wish list? Try out all the various functions of different models to see which ones are important to you. Is the control panel easy to use in and out of the spa? How is the lighting? Would you prefer a waterfall feature?

If you're not comfortable getting into your swimsuit in a showroom, you can still find your fit by doing a dry test. Trying out all the seats and asking the right questions can give you a pretty good feel, even without the water.

On the Menu

Hot Tub-Friendly Finger Foods and Beverages

When it comes to spa snacking, the rules are simple: Avoid anything crumbly, greasy, or sticky; stick to bite-sized finger foods; and enjoy.



Ideal Hot Tub Grub

- Tea sandwiches
- Veggies and dip
- Charcuterie and cheese platters
- Anything you can fit on a skewer
- Popcorn or trail mix

Drink Up

- Always have plenty of water to stay hydrated. Fill a pretty pitcher and add cucumber and lemon slices for a real spa feel.
- Blend up some frozen fruit smoothies and add an umbrella for a tropical touch.
- Serve hot apple cider, hot chocolate, or tea on cooler nights.







7 Reasons Why a Hot Tub Does a Body Good

You already know that owning a Sundance® spa will inspire lots of socializing and family bonding, but there are plenty of great body and mind benefits, too—all of which are backed by science.

Ready to soak away your symptoms? Regular spa time can help you to:

1. **Say Goodbye to Stress** | If you're no stranger to tension headaches, tight shoulders, and an overall feeling that you're overwhelmed by all you do, you're officially stressed out. What you need is some time to relax, and a way to relieve the tightness that has worked its way into your muscles. A Sundance® spa provides a safe haven from your worries, while the soothing warm water and massaging jets help make you feel like you again.

2. **Send Lower Back Pain Packing** | At one point or another, most people experience lower back pain and could use some relief. Hydrotherapy can target this common sore spot and massage away the discomfort.

3. **Kick Sleeplessness Out of Your Bed** | Few people get an adequate amount of restful sleep, but it's definitely something to strive toward. Studies have found that spending 20 minutes in a warm spa before bedtime can get your body slumber-ready, thanks to the changes in body temperature and feelings of relaxation.

4. **Bounce Back from Brutal Workouts** | Ever wake up so sore the day after a tough workout that you feel like you need a vacation from the gym? Some muscle soreness and joint pain is inevitable when you push hard, but you don't have to take it lying down. Instead, head to the hot tub and let the massaging jets work their magic. What they're really doing is improving blood flow and breaking down the lactic acid in your muscles.

5. **Calm Your Restless Legs** | That uncomfortable feeling of not being in control of your legs jumping and shaking while you're trying to relax can be so frustrating. If you suffer from restless leg syndrome, experts say one way to help calm your lower extremities is to spend time in the spa before bed.

6. **Push Past Arthritis Pain** | Hydrotherapy's combination of warm water, buoyancy, and massaging jets can help improve circulation and bring relief to stiff muscles and achy joints, even among arthritis sufferers. In fact, some people report that because they are able to do gentle stretching in the hot tub, it helps with their grip strength and mobility.

7. **Face the Day With Fibromyalgia** | Fibromyalgia is still not fully understood, but one thing's for sure—it can be debilitating for those who live with the constant pain, fatigue, and changes in mood. Spa time has been found to have a calming effect on people with fibromyalgia, helping to lift their spirits and relieve some of their pain.

Dip Your Toes Into Relaxation

Are you always on the go? If so, step away from your massive to-do list, and follow this one instead:



Turn off technology. If you feel like you're always on call for your job and your family with every smartphone ping and ding, it's time to log off and power down.

Aim for tech-free times during the day (for instance, during family dinners), and for at least an hour each evening before bed. The emails and texts will be waiting when you return, but you will feel refreshed.



Do some deep breathing. It's true—we sometimes forget to just breathe.

When you're feeling inundated by a busy schedule or need to compose yourself after a stressful encounter, walk to a quiet area and take five. Close your eyes and concentrate on breathing in and out as you calm your mind and release the negative energy.



Schedule spa time. Having a relaxation zone in your home and actually using it can change your life.

Just as you book appointments and phone meetings, add a hot tub date to your calendar and don't break it. Not only will you have something to look forward to at the end of your long day, you'll also be putting yourself first—even if it's just for 20 minutes.



Try These Yoga Moves While You Soak

When you're enjoying time in your spa, you may notice that the weightlessness in the water makes it easier to move and stretch. That's because your muscles have been warmed up and you don't have your entire body to support. This makes your hot tub a great place to practice yoga.

If you've taken yoga classes on dry land, think about the basic poses you've learned and adapt them for the water. Naturally, anything that requires you to lie down or position your head low to the ground won't be practical since you'll end up underwater, but there are still plenty of poses that work well.



STANDING POSES

Tree, Warrior, and Eagle

Standing balance poses like tree pose and warrior pose are smart choices for beginners to practice while stretching out the legs and core. Eagle pose, which has you cross one leg over the other and one arm over the other, is a more advanced option.

SEATED POSES

Lotus and Boat

If you want to try some seated moves, there's the infamous lotus pose, in which you're sitting cross-legged with a straight back and arms extended. Or you can try pulling your legs up into a V-shape as you sit, which is known as the boat pose—great for your core.

ANYTHING GOES

Stretch and Hold

If you've never practiced yoga and you aren't familiar with these positions, that's totally fine. You can still work on improving your balance and flexibility in the water. As you soak, try a stretch that feels good to you, and see if you can hold the position for several seconds as you breathe deeply. As you feel more comfortable, take the stretch deeper.

No matter what your yoga abilities, any time spent calming your mind, focusing on your breathing, and stretching your muscles—while simultaneously enjoying your soothing spa—is time well spent.



How to Make Your Hot Tub

a Kid-Friendly Haven

Spa time isn't only for the grown-ups–it can be a fun family activity, too. With a few adjustments and accessories, you can turn your hot tub into a kid-approved hangout. Try these:

Set the right temp. You don't want the water to be too hot for younger children, so lower the temp to at least 95 degrees for kids 5 years and younger. With certain Sundance® spa models, kids can also sit in the cooldown seats, which are above the waterline. Finally, make it a rule that younger soakers shouldn't sit in the spa for more than 15 minutes at a time.

Add a blowup movie screen. Great for lounging outside on summer nights either while in or out of the spa, this fun element will have the kids begging to invite their friends. Throw in some popcorn and s'mores, and your yard will become the most popular place to chill.

Establish some safety rules. Make the hot tub off limits unless there is adult supervision. And remind children of all ages to enter and exit the hot tub carefully–no running or jumping. Most Sundance® spas are equipped with illuminated grab bars so encourage friends and family of all ages to use them.

Play hot tub games. Pick up some waterproof playing cards or floating, magnetic checkers. Also, you can try games that simply require some creativity, like charades or try-not-to-laugh challenges.



Your Pull-Out YARD PLAN

Answer these questions, then work with your spa dealer to select the right Sundance® spa for your space. You can use the installation inspiration worksheet on the next page for you and your spa dealer to map out your hot tub layout.



✓ Choose the right foundation

- Do I prefer concrete or paving stones?
- Will my deck support a spa?
- Should I install a prefabricated pad?

✓ Select the perfect spot:

- How far will the spa be from my home's entrance? Will it be easy to get to in any weather?
- What's the view like?
- Will the location flow well with the rest of the yard's layout?

✓ Create the perfect spa atmosphere:

- Do I want to add water features like waterfalls?
- Should I add some type of covering, screen, or umbrella for privacy?
- What type of landscaping and other additions can I add to complement the décor?



Ready, Set, Sketch...

1. Draw your free space to scale on the graph paper.
2. Clip out the elements you plan to include, and move them around to see which configurations might work.
3. Bring your yard plan to your dealer to discuss next steps.



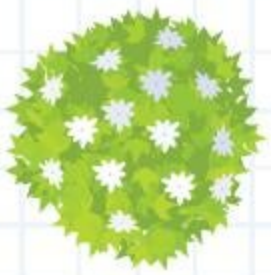


















Sundance® Spas

FIND YOUR **LOCAL DEALER**, AND
START YOUR **#SUNDANCELIFE** TODAY.

DOWNLOAD **OUR BROCHURE**

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LEARN **HOW THE** SMARTTUB™ SYSTEM
MAKES OWNERSHIP EASY

