

Hot tubs are fun for a couple or a crowd. The tubs are made of wood and come in a variety of sizes. Temperature controlled water is pumped through jets. The California hot tub craze is now sweeping the nation.

Couple or crowd

Rub-a-Dub in hot tub

The butcher, the baker and the candlestick maker whose rub-a-dub tubbing have endeared them to generations of school children are gaining a broader constituency.

"Hot tubs" are in.

Evolving from the popular home spa and therapeutic whirlpool bath, "hot tubs" were developed a few years ago in California and now, according to the National Swimming Pool Institute, are gaining in popularity all across the country.

The tubs are something like open barrels, generally constructed of redwood, but also available in oak or aspen. They range in diameter from four to 10 feet and may be installed indoors or outdoors.

In most models, water is pumped in through jets and continuously recycled. Water temperatures can be varied to suit the tastes of the tubbers.

While "hot tubs" are a rela-

tively new development, the principle dates from ancient times when travelers covered miles just to enjoy the therapeutic benefits of natural hot springs.

Hydrotherapy baths have long been prescribed by doctors for relief of muscle pains, poor circulation and nervous tension. Fitness and beauty experts recommend hydro massage to relax tired muscles, induce restful sleep, stimulate circulation and tone skin muscles.

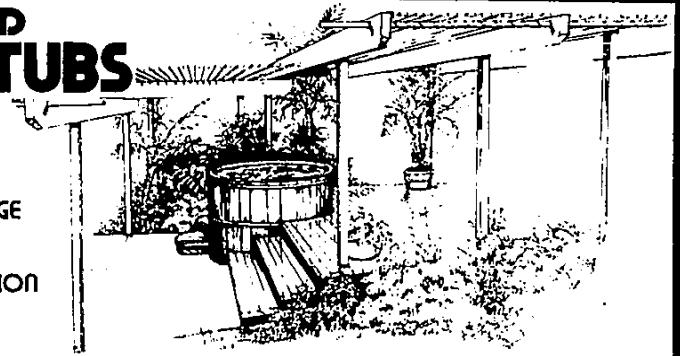
It was these benefits that led to the still-growing popularity of spas in health clubs, hotels, resorts and private homes.

Installed indoors or outdoors, many are built like small swimming pools, but others are bathtub-sized fiberglass structures prefabricated in a variety of shapes.

Information on spas and hot tubs is available through most swimming pool builders who also handle pool accessories, says the NSPI.

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