



HOT TUB SAFETY

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A GUIDE TO AVOID BECOMING A HOT TUB ZOMBIE

Disclaimer: This is a humorous take on hot tub safety.

So, you've got a new hot tub. Congrats! You're about to experience the ultimate in relaxation. But before you dive in, let's talk about some really important stuff.

1. **Don't Turn Yourself Into a Human Steamer:** The ideal hot tub temperature is like a cozy bath, not a sauna. If you think you're starting to sweat more than a teenager on a first date, it's time to cool it down to under 38 degrees.
2. **No Drugs, No Booze, No Doodling:** Hot tubs and substances don't mix well. Think of it like trying to drive a car while blindfolded and drunk. It's not a good idea.
3. **Keep Kids Away:** Unless you want your hot tub to become a kiddie pool, keep little ones out.
4. **Watch Your Heart:** If you've got heart problems or are on medication, consult your doctor before taking a dip. You don't want to end up having a heart-to-heart with your hot tub.
5. **No Party Animals Allowed:** Hot tubs and wild parties don't mix. Unless you want to end up with a hot tub full of soggy partygoers.
6. **Don't Be a Germ Factory:** If you're feeling under the weather, skip the hot tub. You don't want to spread your germs to everyone else.
7. **Watch Your Step:** Getting in and out of a hot tub can be tricky, especially if you're feeling a little dizzy. Be careful and use our beautifully curated steps.
8. **Pregnant? Skip the Soak:** If you're expecting, it's best to avoid hot tubs. Your baby might not appreciate the heat.
9. **Don't Be a Hot Tub Athlete:** If you've just finished a workout, give your body a chance to cool down before hopping into the hot tub. You don't want to pass out.

By following these simple guidelines, you can enjoy your hot tub without becoming a hot tub horror story.

Happy Tubby-ing!