


The Hot Tub **RASH GUIDE**

The factors that contribute to hot tub rashes and how to prevent them.



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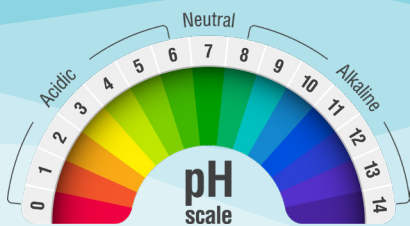


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Hot Tub Rashes: **Identifying the Cause**

Many hot tub owners suffer from rashes and irritations. To prevent hot tub rash from occurring it is essential to determine the cause in order to provide the proper solution. There are 6 causes of hot tub rash outlined below.



1 WATER BALANCE

A low pH or alkalinity reading is a sign that the water is acidic. Acidic water can cause mild irritations for some people such as itchy calves and itchy backs, and for others it can cause severe rashes. Maintaining alkalinity and pH in proper ranges will prevent this.

Total alkalinity should range from 80-150, and pH from 7.2-7.8, unless you are using **Spa Marvel Water Treatment & Conditioner**, in which case the acceptable pH range is 7.2-8.2.





2 CHEMICAL INTOLERANCE

Common spa chemicals such as chlorine, bromine and non-chlorine shock can cause rashes and irritations. If you experience rashes in other pools and spas, then you may have an intolerance to certain chemicals. As an example, some people have an intolerance to non-chlorine shock that causes them to suffer with severe itching that lasts 1 to 2 weeks, and that begins 4 to 48 hours after using the spa.

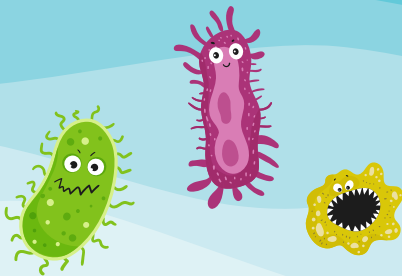
A good way to test for chemical intolerance is the “Band-Aid Test”. Mix some of the chemical you want to test into a smaller vessel at the same ratio as you would add it to your spa. Take a sample of that water and moisten the pad of a Band-Aid, apply the Band-Aid to your skin for 2 hours. After the 2 hours, remove the Band-Aid and see if there has been a reaction.

There are a couple of ways to deal with chemical intolerance:

If you are suspicious that you may be, or find that you are chemical intolerant, try using different chemicals. For example, in place of non-chlorine shock, you can shock your water with chlorine or bromine. If you have an intolerance to chlorine, you may be fine with bromine, and vice-versa.

You can also consider using fewer chemicals. All natural products such as **Spa Marvel Water Treatment & Conditioner**, and equipment including ozonators and UV light clear the path for sanitizers, thereby reducing the amount of sanitizer required to maintain desired readings.





3 BACTERIA

The Pseudomonas bacterium causes hot tub folliculitis. Poor sanitation practices are often the cause of bacteria and will typically affect multiple bathers.

Decontaminating your spa will rid it of bacteria. This requires super-chlorinating your hot tub for 72 hours with at least 20 parts per million of chlorine. For more detailed instructions see our video on [‘How to Decontaminate Your Hot Tub’](#). For written instructions see our article [‘Superchlorinating to Decontaminate your Hot Tub’](#).

Spa Marvel Cleanser

removes scale, biofilm and other contaminants from your spa’s plumbing, contributing to stronger jets, quieter pumps, more efficient heating elements, and increased sanitizer efficacy.





4 SENSITIVE SKIN

Bathers with dry skin, eczema and psoriasis are more likely to develop hot tub rash. These struggles can often be alleviated by using **Spa Marvel Water Treatment & Conditioner**, which will reduce and eliminate many of the harsh chemicals used in traditional spa water care. **Spa Marvel** will also condition the water for sensitive skin, leaving skin feeling silky and soft.

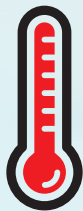




5 MEDICATION

Some medications can cause hot tub rash when soaking in hot water. This is particularly the case with some heart medications. Consult with your physician to see if your medication could be causing the rash.





6

HOT WATER

An intolerance to hot water can cause rashes. Lowering the water temperature to 98 degrees or less can help to prevent this, as may using the spa for shorter durations, and taking a cool shower upon exiting the spa.

This is a basic guide to the causes of hot tub rashes. Please consult with your health care provider to determine the cause and treatment for your particular rash.

If you have questions regarding your hot tub, consult your professional spa retailer for more advice, and/or see the resources available at spamarvel.com/water-wizard.

You can also contact us at Solutions@SpaMarvel.com and one of our water-care professionals will work with you to ensure that you are enjoying your hot tub experience.

Keep your spa environment pristine. With Spa Marvel, you can greatly decrease the amount of chemicals needed to maintain your spa. Spa maintenance has never been so simple!

Visit SpaMarvel.com today.

