

# Coast Freshe<sup>®</sup>

HOT SOAK



WARM, INVIGORATE, & REFRESHE WITH COAST FRESHE HOT SOAK

[WWW.COASTSPAS.COM/COASTFRESHEHOTSOAK](http://WWW.COASTSPAS.COM/COASTFRESHEHOTSOAK)





# 7 BENEFITS OF COAST FRESHE HOT SOAK

At Coast Spas, we are more than just the leading manufacturer of hot tubs and swim spas – we are dedicated to enhancing your journey towards a healthier and more fulfilling lifestyle.

The Coast Freshe Hot Soak is a unique and versatile product that allows you to oscillate between cold plunging and hot soaking in hot water. With an upgraded Cold/Hot chiller the Coast Freshe Cold Plunge can be transformed into the Coast Freshe Hot Soak allowing you to enjoy the benefits of hot water soaking up to a temperature of 42 °C/ 108 °F.

Coast Freshe Hot Soak is a great way to enjoy the benefits of both cold plunging and hot soaking in one product. It is perfect for those who want to soak in hot water to soothe sore muscles and joints, improve blood flow, improve sleep and promote relaxation and mental clarity.



## SOOTHES SORE MUSCLES

Heat therapy can be an effective way to treat sore muscles and joints. The heat expands blood vessels, which increases blood flow and helps to relax tight muscles.



## PROMOTES RELAXATION

Bathing in a Coast Freshe Hot Soak will help you to ease muscle tension and rejuvenate your body.



## FULL BODY THERAPY

The Coast Freshe Hot Soak is a form of full-body heat therapy that eases muscle and joint pain in conditions such as arthritis and fibromyalgia.



## STRESS RELIEVE

Soaking in a Coast Freshe Hot Soak can help to relieve stress and decrease depression symptoms, calm your nervous system and improve your mood.

**BEGIN YOUR JOURNEY WITH COAST FRESHE**

# ELEVATING YOUR QUALITY OF LIFE

Our mission is simple yet profound: to help you live a better life through our health & wellness product line. We believe that health and wellness are essential components of a fulfilling life, and our products are designed to be your partners on this journey.

## INNOVATION

Within our health & wellness product line the Coast Freshe Hot Soak is designed to soothe sore muscles and joints, improve blood flow, improve sleep and promote relaxation and mental clarity and improve your health & wellness.



The simple relaxation gained from a soak in the hot tub may be enough to help you drift off into a more peaceful sleep.

### BETTER SLEEP



Relaxing in a hot tub can raise your heart rate and lower your blood pressure. The hot water improves blood circulation, which positively affects cardiovascular health, glycemic control, and chronic low-grade inflammation.

### BETTER CARDIOVASCULAR HEALTH



Soaking in Coast Freshe Hot Soak relieves some types of pain by relaxing tense muscles, joints, and tendons. If you have arthritis, the heat and massaging action may help ease the stiffness and inflammation that cause pain.

### PAIN RELIEF



Please be advised that staying in hot water for too long can lead to dehydration and overheating. It is recommended to limit usage of the Coast Freshe Hot Soak to no more than 30 minutes and to drink plenty of water before and after.

### SAFETY

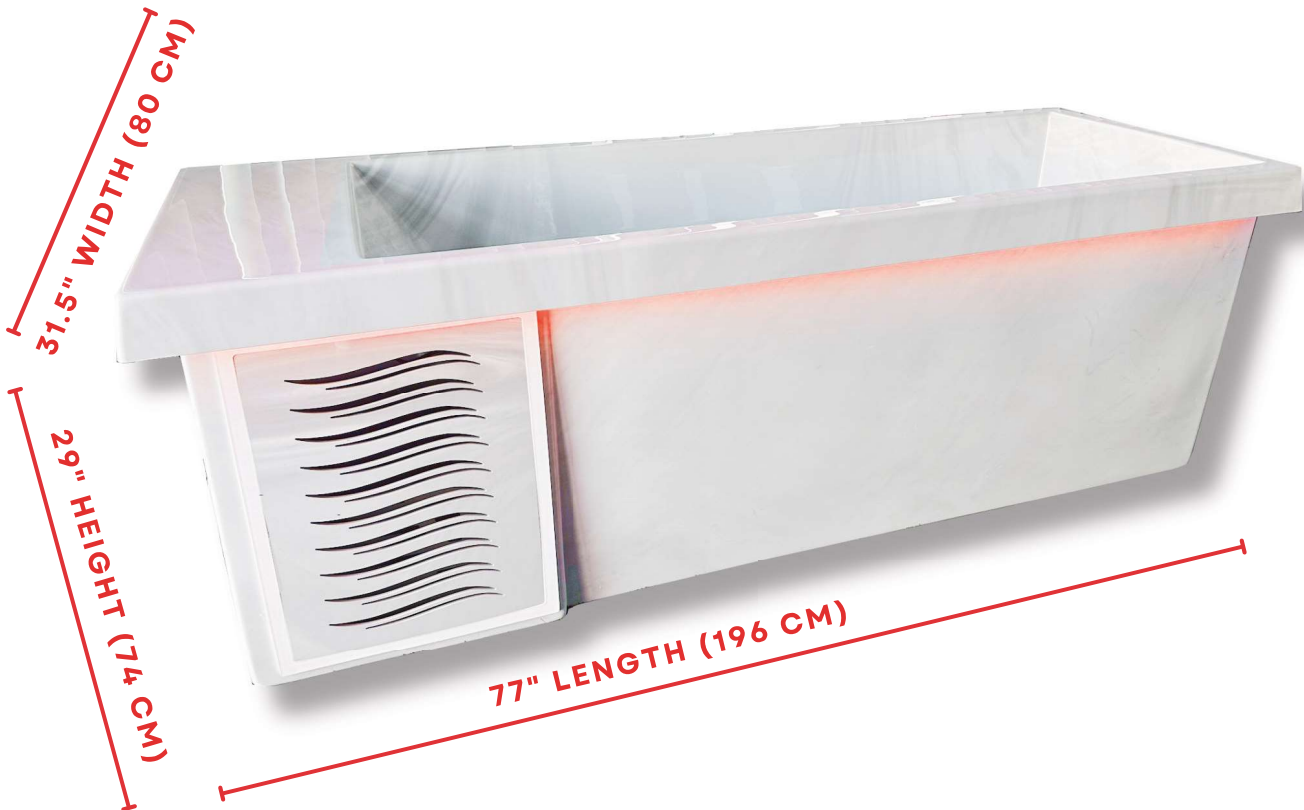
**AND DISCOVER A FRESHE WAY OF LIFE**

# Coast Freshe<sup>®</sup> FEATURES

## HOT SOAK



## DIMENSIONS



## LAY DOWN LENGTH

The Coast Freshe Hot Soak size is designed to provide a comfortable experience for people of all heights and body shapes. With its spacious dimensions, you can fully lay down in the water and enjoy the therapeutic benefits of being fully immersed. Plus, the design ensures that no part of your torso or knees will be exposed so you can enjoy the benefits of therapy without discomfort. By fully laying down in the hot water, more of your body is exposed to the water, which can enhance the benefits of the therapy, including soothe sore muscles and joints, relieve stress, and improve sleep.

# Coast Freshe<sup>®</sup> FEATURES

## HOT SOAK



## HEATER/CHILLER UNIT INSIDE THE TUB

Putting a heater/chiller unit inside the tub rather than stand alone outside the tub offers several important benefits including more efficient warming, consistent temperature, space-saving, ease of use, and more cost-effectiveness.



## SMARTPHONE

Coast Freshe Hot Soak is smart phone accessible – turn your Coast Freshe on and off, set and change temperatures and listen to soothing music.



## PLUG AND PLUNGE

The Coast Freshe Hot Soak uses a standard 110V outlet. It is strongly recommended you have a dedicated circuit. STANDARD – 15 amp dedicated breaker.



## NO PLUMBING REQUIRED

The Coast Freshe Hot Soak was designed to be self-contained, which means that once you fill it up from a hose, your water can last up to 6 months without changing it with proper maintenance. Please refer to FAQ's for information on proper maintenance.



### INDOOR OR OUTDOOR

We have designed our Coast Freshe Hot Soak to be aesthetically pleasing for inside and outside settings. Using state of the art insulation materials our Coast Freshe Hot Soak can be enjoyed in any environment. You can use in hot or cold climates and even during long periods of freezing for which we recommend our Hot & Cold Coast Freshe unit.



### EXTERIOR & INTERIOR LIGHTING

The Coast Freshe Hot Soak has modern elegant wrap around lighting on the outside and two underwater lights to illuminate the aesthetically and functionally pleasing design.



### MAXIMUM HEAT

With Coast Freshe Hot Soak you can take the water temperature up to 42 degrees Celsius/ 108 degrees Fahrenheit.



### FILTRATION SYSTEM

The Coast Freshe Hot Soak Filtration system brings a number of important benefits including: Improved Water Quality as it helps to remove impurities and contaminants from the water, such as dirt, debris, and bacteria. Reduced strain on the Coast Freshe Hot Soak system by removing debris and contaminants before they can clog the system allowing the Coast Freshe Hot Soak system to operate more efficiently and last longer. Increased Energy efficiency by keeping the water clean and clear which enables the Coast Freshe Hot Soak system not to have to work as hard to maintain the desired temperature, which can save energy and reduce costs and peace of mind by ensuring that the water is clean and ready to use.





### OZONE PURIFICATION

The ozone system offers several benefits, including powerful disinfection, safety and environmental-friendliness, reduced need for chemicals, extended shelf life, and non-invasiveness.



### 20 MICRON FILTRATION

Removes small and larger dirt and debris from the water.



### BUILT TO LAST

The Coast Freshe Hot Soak is made using ABS backed acrylic and Coast Shield™ to provide a high quality, durable and long-lasting tub.



### INSULATION

The Coast Freshe Hot Soak is insulated with an interior and exterior shell so it can be enjoyed inside and outside.