

TouchAmerica

Petite Hydrotherapy Tub Guidelines and Instructions

TouchAmerica
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Enter the Tub:

0. Assist your customer is stepping onto a stool to enter the tub carefully. Let the client's body immerse into the water completely (except the head).
0. Adjust the temperature if needed. The client remains for a minimum of 10 minutes and a maximum of 20 minutes in the tub, depending on the customer's condition. If you notice that the client is starting to perspire on the forehead or a reddening appears in the face, offer a cool compress for his or her forehead.
0. Always check to see if the client feels comfortable. Remember that this kind of treatment must be adjusted for each individual. Do not leave your customer unattended. If you have to leave the area, you must stay within reach in case the client needs assistance.

Exiting the tub and cool down:

0. Again, assist the client in leaving the tub and provide a towel to dry off. Now it is very important to follow with a cool down period of about 20 minutes. During this time the client may rest in a designated quiet room, or follow with another treatment such as an aromatherapy dry wrap, facial or pedicure appointment. A body massage is only recommended at least 10 minutes after the bath therapy to reduce signs of after-sweating.

Optional: Another option for a cool down period is a traditional European dry cotton sheet wrap (not to be confused with a hot herbal wrap)> Wrap the client in dry pure cotton or muslin sheets to cool down the body's temperature, the sheet will absorb any remaining sweat. A cool wash cloth is placed on the client's forehead during the resting time to help to further cool down the body temperature.

Post Treatment

0. After the bath therapy is completed offer water or herbal tea to the customer to replenish fluids. The client should not drink fluid during the bath therapy; it will interfere with the body's natural detoxification process.
0. Recommend an appropriate home-care program with bath and personal care products and schedule another suitable body treatment appointment for your customer's next visit.

Petite Hydrotherapy Tub Operation Instructions

Manufactured by TouchAmerica

The TouchAmerica Petite Hydrotherapy Tub is a high quality, powerful hydrotherapy tub. When operated properly the tub will provide many hours of trouble free service. Therapists should understand how to use the tub safely using proven hydrotherapy techniques and therapies before attempting to provide treatments utilizing the tub.

Benefits of Hydrotherapy Tub Treatments

- Stimulates the body's natural elimination processes
- Strengthen the Body's Immune System
- Positively influences the body's autonomic nervous system by producing a relaxing or stimulating effect.
- Increases circulation and metabolism
- Improves digestion and elimination
- Enhances the penetration of natural agents and nutritional substances.
- Relieves stiffness, soreness and muscle pain
- Increases muscle tone and nerve functioning

Filling the Tub:

To begin, turn the filler valve counter-clockwise to release water into the tub. Use the knob to control the water temperature. Turning the knob counter clockwise increases water temperature and turning clockwise decreases water temperature. Be careful to not overheat the water. Ideal temperature for hydrotherapy treatments is between 97 and 100 degrees Fahrenheit. Fill the tub until the water is just above the back jets and below the overflow outlet.

- One suggestion is to place the client in the tub before the tub is full. This method enables the therapist to determine when to shut off the water so the tub is filled to the correct depth. Client size will determine how much water is needed to fill the tub and the larger clients require less water than small clients do. As the therapist becomes experienced they will be able to judge how much water is needed and different methods of filling the tub can be used.

Hydro Jets:

The Petite Tub has two types of hydro jets. The jets positioned for the back of the tub are designed to distribute water to a wide area with a medium force. These jets will massage and stimulate tissue on the client's back without over stimulating this area. The jets for the hips, legs and feet are directional jets that deliver a single stream of water at a higher velocity. These jets can be aimed at different areas by moving the small nozzle in the center of the jet. Activating the hydro jets involves two controls on the deck of the tub. The pump must be turned on and the main valve must be opened. To turn on the pump simply push the round button labeled "Pump". Once the pump is activated, the handle labeled "Main" must be turned 90 degrees to open the valve allowing water to be released to the hydro jets. The force of the hydro jets can be controlled with the "Main" valve. To reduce the water velocity through the jets do not fully open the "Main" valve. The degree to which the valve is opened determines the force of the jets. To turn the hydro jets off, press the "Pump" button. Repeated pressing of the "Pump" button will turn the pump on and off.

Important: Do not leave the pump running without opening the "Main" valve or the "Wand" valve. This can cause the pump to overheat and damage the pump motor and is not covered by warranty.

Massage Wand:

The massage wand is used to deliver a strong stream of water to selected areas of the body. By placing the tip of the hose under water the therapist can provide different styles of underwater massage or lymphatic drainage. The massage wand is activated in the same fashion as the hydro jets. The pump must be turned on and the "Wand" valve must be opened. To turn on the pump simply push the round button labeled "Pump". Once the pump is activated, the handle labeled "Wand" must be turned 90 degrees to open the valve allowing water to be released to the wand. The force of the massage wand can be controlled with the "Wand" valve. To reduce the water velocity through the wand do, not fully open the "Wand" valve. The degree to which the valve is opened determines the force of the water.

Air Jets:

The Petite Hydrotherapy Tub has a series of air jets along the bottom of the tub. The air jets, when used, create a gentle turbulence of the water in the tub. This creates a general full body massage, which is not point specific like the hydro jets. The air jets can be use separately or in conjunction with the hydro jets. To activate the air jets, press the button on the tub deck labeled "Blower". To turn the hydro jets off, press the "Blower" button. Repeated pressing of the "Blower" button will turn the blower on and off. If the water turbulence from the air jets is too active, the flow of air to the jets can be controlled with a valve located on the main air supply line. Accessing this valve does require removal of the side and end panel enclosing the valve and is a one-time adjustment. To decrease airflow to the tub, turn the valve labeled "Air Supply". When the handle is inline with the air supply line there is no restriction of the airflow. The more the handle is turned across the line the greater the restriction to the airflow.

Emergency Stop Button:

This button is located on the side of the tub and is easily accessible to the client from inside. Its purpose is to immediately shut off power to the tub in case of any client discomfort during the absence of a therapist or attendant. This does not harm the components of the tub, however, the button must be pressed a second time to reactivate tub function. TouchAmerica recommends that the therapist or attendant remain in the room during the treatment.

Draining the Tub:

To empty the Petite tub, locate the drain at the bottom front section. Gently pull up and turn the knob to lock it in the open position. Once water reaches about a six-inch level, turn on the air jets to evacuate excess water from the air lines. Allow the air jets to run until the tub is empty.

Sanitization System (Optional):

The sanitizing system is used to clean and sterilize the inner and outer surfaces of the Petite Tub. The valve labeled "Sanitizer" and the sanitizer inlet, which is located on the deck, controls the sanitization system. To add sanitizer liquid to the tub, screw the cap off of the sanitizer inlet and pour sanitizer into the inlet. Use the correct amount of sanitizer solutions as recommended by the solution's manufacturer. Tub sanitizing solution is available from TouchAmerica. Once solution is poured into the inlet replace the inlet cover. **Sanitization solution should not be added to the tub before or during use. The sanitizer solution is released directly into the hydro system and can be harmful to any person in the tub.** Do not store the sanitization solution in the tub. This will prevent accidental release of sanitizer solution into the tub while in use. To flush sanitizer through the hydro system, open the "Sanitizer" valve this allows fresh water to flush through the hydro system.

What you need to consider performing effective hydrotherapy Treatments:

- The regulation of the water temperature.
- The Body Area Immersed in Water.
- The Duration of the bath.
- Mechanical factors, such as underwater jet massage and brushing.
- Chemical factors such as bath salts, natural agents-seaweeds etc., and bath salts.

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Use the following steps to sanitize the Petite Tub between uses.

0. After person has exited the tub, drain water from tub.
0. Close drain
0. Open sanitizer inlet and add sanitization solution according to manufacturers directions and close inlet.
0. Open "Sanitizer" valve and allow fresh water to flow through hydro system for approx. one minute.
0. Add additional cold water to tub with the filler valve until the water level is well above the return water inlets on either side of the tub.
0. Turn the pump on by pushing the "Pump" button.
0. Slowly open the "Main" handle until water is circulating through all of the hydro jets. . Allow water to circulate through the tub for approx. one minute.

Caution: Opening the "Main" handle quickly or opening it too far will cause water to spray. Follow sanitization manufacturer's safety directions

0. Turn off "Pump".
0. Use a clean cloth to wipe the sides of the tub clean. The water and sanitizer solution in the tub is sufficient to sanitize the remaining surfaces of the tub.
0. Drain tub. Locate the drain at the bottom front section. Gently pull up and turn the knob to lock it in the open position. Turn on blower during draining process to remove excess water from the air lines. Do not turn off blower until tub is empty.
0. Dry the tub sides and the tub is now ready clean and sanitized, ready for its next use.
12. Remember to clean and dry the tub with a standard, external tub cleaner to maintain the surface and keep it attractive for your guests.

About Our Sanitizer:

ELIMSTAPH # 2 is the most cost-effective germicide in today's market. It leaves surfaces sparkling clean with no heavy films or residues. One gallon of concentrate makes 128 gallons of use dilution. It is a powerful and economical germicidal cleaner concentrate, sanitizer, disinfectant, virucide (including HIV-1) and deodorizer recognized for its proven effectiveness and versatility. Excellent for cleaning and disinfecting all hard surfaces.

Hydrotherapy Contraindications

- Hydrotherapy treatments should be avoided if the client has any of the following conditions:
- High or low blood pressure
- Pregnancy
- Significant obesity.
- Heart Disease
- All Acute or Inflamed Conditions
- Vascular problems such as phlebitis, varicose veins, or diabetes.
- Aneurysm or embolism
- Has alcohol in their system.
- Fever
- Has just eaten a large meal.
- Has just exercised vigorously. (wait 15 to 20 minutes)

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Important Things to Remember When Giving A Hydrotherapy Bath:

0. Regarding physical injuries, such as sprains, tenonitis, remember the effect of lowering blood pressure over 95 degrees F.
0. Regarding rashes and skin infections, water agitation can cause skin infections to spread.
0. For new clients, prolonged tub time should be avoided, start slowly 10 to 15 minutes, no longer than 20 minutes.
0. Elderly clients who are not accustomed to water therapy should only remain in the tub 5 to 10 minutes.
0. Treatment should be discontinued immediately and client removed from tub if nausea, light-headedness, dizziness, heart palpitations, chest discomfort, headache, hot or cold chills or any other unusual or unexpected condition is experienced including agitation or irritability.

Therapeutic Hydro therapy Bath Treatment

Education of your client:

For a hydrotherapy Tub treatment, the following instructions are imperative. The booking agent or receptionist should let the client know most of these when making the appointment. Some facilities have swimsuits available for the client in different sizes etc. to address the modesty issue.

- Inform your customer prior to the appointment that he or she should avoid eating one to two hours before the treatment.
- In the preparation phase, stress that this treatment will help detoxify the body, therefore there should be no alcohol consumption or smoking before, during or after the bath.
- Let the customer fill out a questionnaire regarding their health history. (See Contraindications Section.). It is critical for the therapist to identify any existing health conditions before the treatment.
- Some clients do not feel comfortable being naked in front of the therapist, so you may want to advise them to bring a bathing suit before asking them to undress.
- It is suitable for the spa to provide a robe and slippers for the client to move comfortably around the changing area and the hydrotherapy room.
- Remind the client to use the rest room before the treatment.

Preparing the Bath:

0. Fill Tub to a temperature of between 98 F to 100 F. Temperature can be increased after client is in the tub if desired, do not go over 104 F.
0. Add Natural Agent to tub. Many natural agents including seaweeds, moors, herbal extracts and essential oils can be used to create a wide variety of tub experiences. For example rosemary, eucalyptus and Dead Sea salts may be used to offer relief for aching, fatigued muscles and symptoms of a common cold.
0. Turn jets on, this helps if modesty is an issue. (optional)

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- **Tub Instructions**

1. To begin, turn filler knob to the left, (thermostatic mixing valve adjusts temp.)

* Note* Water temp. should be 97-102

2. Fill tub to just above highest jet.

3. Hydrojets:

2 types- Back- Wide area with med. force

Hips/legs/feet- Single stream directional jets that deliver a higher velocity of water. Move nozzle in center to adjust direction.

1st- Push pump button

2nd- When pump is activated, turn main 90 degrees (on outside of tub) to open valve that releases water to jets. The force of the jets can be adjusted by turning the main level. To turn the hydrojets off, push the pump button.

- **Important: Do not leave pump running without opening the main handle. This can overheat and damage the motor. Misuse or neglect of the tub is not covered by warranty.**

Massage Wand:

The wand is used to deliver underwater massage to selected areas with a strong stream of water.

Air Jets:

To activate the air jets, press the button on the tub deck labeled "Blower". To turn the hydro jets off, press the "Blower" button.

Emergency Stop Button:

Easily accessible to client and can be used at client's discretion.

Drain:

lift manual drain and turn to lock in open position.

Optional Sanitizer System:

- Use the following steps to sanitize the Petite Tub between uses.
 1. After person has exited the tub, drain water from tub.
 2. Close drain
 3. Open sanitizer inlet and add sanitization solution according to manufacturers directions and close inlet.
 4. Open "Sanitizer" valve and allow fresh water to flow through hydro system for approx. one minute.
 5. Add additional cold water to tub with the filler valve until the

6. Turn the pump on by pushing the "Pump" button.
7. Slowly open the "Main" handle until water is circulating through all of the hydro jets. . Allow water to circulate through the tub for approx. one minute.

Caution: Opening the "Main" handle quickly or opening it too far will cause water to spray. Follow sanitization manufacturer's safety directions

8. Turn off "Pump".
9. Use a clean cloth to wipe the sides of the tub clean. The water and sanitizer solution in the tub is sufficient to sanitize the remaining surfaces of the tub.
10. Drain tub. Locate the drain at the bottom front section. Gently pull up and turn the knob to lock it in the open position. Turn on blower during draining process to remove excess water from the air lines. Do not turn off blower until tub is empty.
11. Dry the tub sides and the tub is now ready clean and sanitized, ready for its next use.
12. Remember to clean the tub with tub cleaner to keep the surface attractive

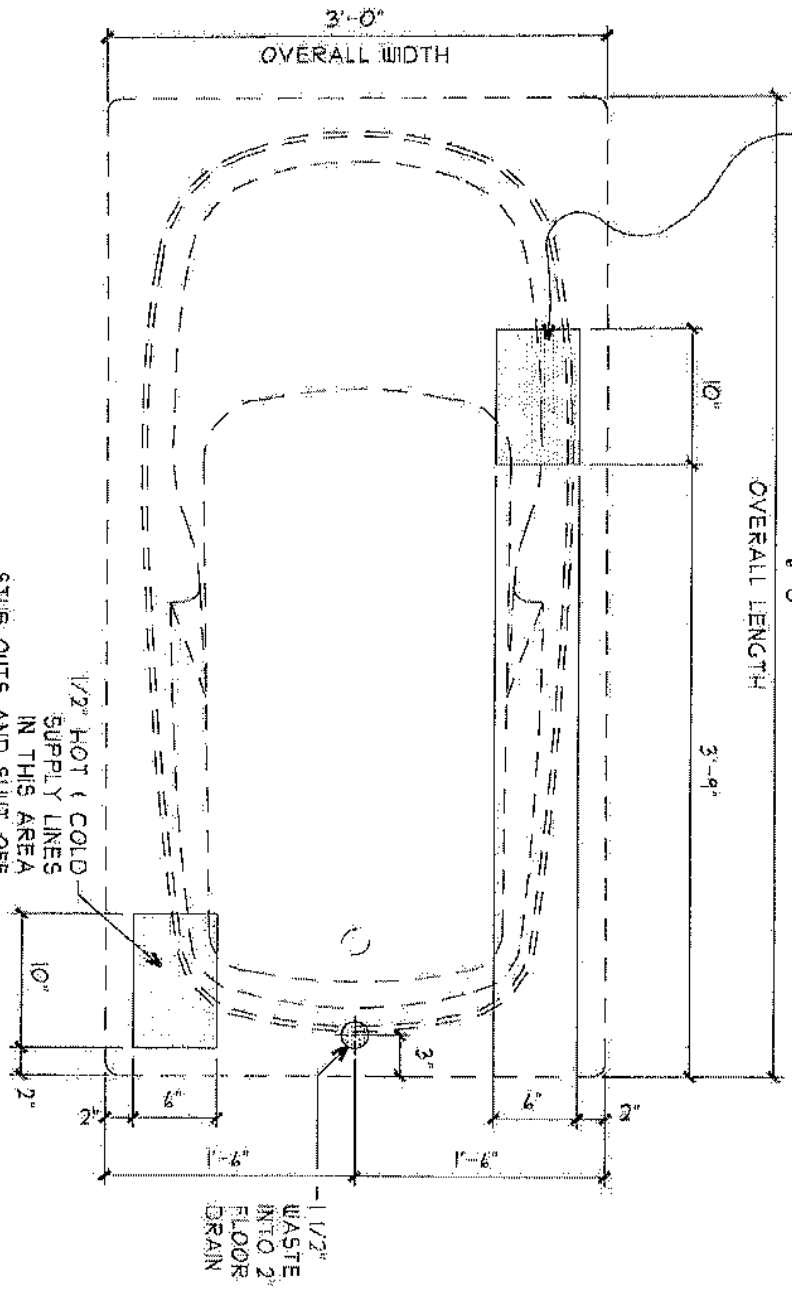
ELECTRICAL SPECIFICATIONS
 115 VAC, 15 AMP, 60HZ, SINGLE PHASE
 REQUIRES DEDICATED SEPARATE
 G.F.I.C. PROTECTED CIRCUIT

PLUMBING SPECIFICATIONS
 1/2" HOT & COLD SUPPLY
 1 1/2" WASTE THRU FLOOR
 TUB CAPACITY: 60 GALLONS

TUB DIMENSIONS
 36"W x 121" x 28" 1/2"H (T.O. RIM)
 36"W x 121" x 32"H OVERALL

NOTES
 ALTHOUGH HGT CLEARANCES
 FOR SUPPLY AND ELECTRICAL
 LINES ARE REQUIRED TO BE
 AT A HGT OF 8" ABOVE FLR
 OR LOWER, THE INSTALLATION
 WILL BE LESS DIFFICULT IF
 THESE CAN BE INSTALLED
 AS LOW TO THE FLOOR AS
 POSSIBLE SINCE THE TUB
 WILL HAVE TO BE LIFTED
 OVER THESE WHEN PUTTING
 INTO PLACE IN TUB ROOM.

ELECTRICAL POWER SUPPLY JUNCTION BOX
 IN THIS AREA JUNCTION BOX AND LOCAL
 POWER SHUTOFF BOX NEEDS TO BE INSTALLED
 BELOW A HEIGHT OF 8" TO AVOID INTERFERENCE
 WITH INTERNAL TUB COMPONENTS



TouchAmerica®

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DESIGNED BY	J. CORNELL	CHECKED BY	APPROVED BY
DATE	5/11/01		

PROJECT NAME	PETITE® STYLE HYDROTHERAPY TUB		
PLUMBING & ELECTRICAL ROUGH IN PLAN	REV	DATE	INITIALS
	Δ		
	Δ		
	Δ		

PRODUCT CODE	23002-65
SCALE	1" = 1'-0"
SHEET	2 OF 2
DATE	23 MAY 2001