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In Northern Ireland, swim spas are found on many properties, often when there is not enough space for a swimming pool. These are similar to hot tubs and available in different sizes and configurations, providing the joy of swimming and allowing the user to enjoy a good workout. Just like swimming pools, there are plenty of spa accessories to enhance the swim spa experience.

Swim spa accessories in Northern Ireland make a good investment as a number of these promote health and fitness in an enjoyable manner. What follows is an overview of some of the most popular accessories.

To improve fitness and mobility within the spa

You can invest in pool access chairs and lifts, exercise equipment in the form of bicycles, steppers and water treadmills. It is possible to get the right size equipment for your spa and experience the benefit of an easier workout in a relaxed manner. Some options for this are aquatic treadmills, cycle systems, twisters and steppers and full body workout machines. These add to the utility of the spa making the investment well worth it. For those keen on shedding a few pounds, this is ideal as it also provides a good cardio workout.

Other accessories for your swim spa in Northern Ireland that are worth getting are:

â€¢ Rowing bands for strength training. This is an excellent way to build muscles while practising rowing in your swim spa. It also improves heart health.

â€¢ Swim tethers are mounted at the end of the spa and attached to the user's waist to provide resistance while swimming for resistance training. Other interesting equipment includes light weight dumbbells for the fitness oriented user.

â€¢ Steps make it convenient to get in and out of the spa comfortably.

â€¢ A good quality cover for the spa is a must-have accessory to keep dirt and debris out, making it easier to keep it clean. This will also save on the cost of chemicals.

â€¢ If you prefer privacy when you use your spa, an enclosure is a good idea. There are many options in enclosures depending on the level of privacy you want.

â€¢ Accessories that focus on comfort are water seats, spa umbrellas, waterproof playing cards and a floating tray for drinks and games.

â€¢ Water treatment and conditioners that help protect the skin when you use the spa and keeps away bad odours. Spa vacuums, tub scrubbers, leaf skimmers and filters help keep the spa clean.

â€¢ Aromatherapy is a great accessory for swim spas. There are specially formulated products to create an atmosphere of healing or romance. Fragrances are also geared to make you relax and enjoy stress relief.

â€¢ Other interesting spa accessories in Northern Ireland are spa lighting fixtures to create that special ambience, a spa caddy or side table for refreshments, a solar shower, towel tree and floating toys to add to the delight.

The choice of accessories will depend on the size and type of spa you own and what works best for your own needs and budget. There are plenty of products to make your life easier and increase your enjoyment of your equipment.

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