



Bacteria and pathogens love soaking in warm water just as much as you do.

If you like soaking in a Jacuzzi or whirlpool bath after a trip to the gym, chances are you and your sore muscles are not soaking alone.

Knowing how to clean bathtub jets properly will keep you soaking in health.

Why The Jets Get Dirty:

In most jetted tubs, dirty bath water doesn't drain fully from the pipes. It stays in the pipes until the next time the tub is used.

While it's in the pipes, it's a breeding ground for bacteria. When the jets are turned on again, all of the bacteria comes spewing out into the new bath.

Cleaning Dirty Jets:

After each use, fill the tub with warm water. Run the jets for 10 to 15 minutes to flush out remaining soap scum, hair, body oils, dead skin, etc. Then, drain the tub as usual.

Clean the entire system at least once per month. (If you use the tub frequently, clean the system every two weeks.)

To clean the entire system:

- Fill the Jacuzzi or whirlpool tub with hot water
- Make sure the water temperature reaches 140° F (60° C)
- Add four tablespoons of low-sudsing dishwasher detergent
- Run the Jacuzzi or whirlpool for 15 to 20 minutes
- Drain the tub and refill with clean, cold water
- Run the jets for another 15 to 20 minutes
- Drain

Always make sure the jets are turned to prevent air induction.

Adding Bleach:

Some people recommend using two tablespoons of low-sudsing dishwasher detergent and 1/2 cup of bleach rather than just four tablespoons of the detergent. This really is a matter of preference.

While the combination of hot water, detergent and bleach may kill a few organisms that hot water and detergent alone won't, bleach that isn't fully rinsed from the jets or from the surface of the tub may irritate skin.

If you're more comfortable cleaning with bleach, make sure you rinse and wipe down all surfaces that come into contact with it. Open a window for proper air ventilation.

Using Vinegar:

Instead of using bleach to disinfect and kill additional germs in your bathtub jets, you can use distilled white vinegar.

Vinegar will kill the same amount of bacteria and mold that bleach will and it is less likely to irritate skin.

The difference with bleach vs. vinegar is that bleach essentially liquefies and removes any mold or mildew, and vinegar will not so there may be a bit of extra scrubbing needed in and around the jet if you use vinegar only.

To clean with vinegar:

- Fill the tub with hot water as above
- Add two tablespoons of low-sudsing dishwasher detergent
- Add four to five cups of white vinegar
- Run and drain as above

Cleaning Inside the Jets:

If you see mold growing or other icky stuff inside the jet, use a new toothbrush or a long-handled soft brush and gently scrub inside the jet.

This will be easier after you've run the detergent and bleach or vinegar mixture through the jets. Once the mold or other icky stuff is removed, run through the cleaning cycle again and then run through the rinse cycle.