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plunge swimming pool

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The concept of a plunge swimming pool is quite fascinating and a refreshing addition to any home. It can be seen as an emblem of luxury, comfort, and aesthetic appeal. However, it possesses more depth than what meets the eye. A plunge swimming pool is not just an opulent accessory for one's backyard; it is also a sanctuary that offers tranquility, relaxation, and even health benefits.

A plunge swimming pool, in all its simplicity, is usually smaller than a traditional swimming pool but deeper. Its main purpose isn't necessarily for extensive swimming workouts or competitive laps but rather intended for cooling off during hot summer days or warming up in winter if it's heated. You may find them referred to as "cooling pools" or "dipping pools." These pools have made their mark in the world of modern architecture due to their versatility and unique charm.

Part of this charm lies in their design possibilities. Because they take up less space, plunge pools can easily fit into small backyards or garden spaces where traditional pools might not. They can be designed with elegant landscaping elements like decorative rocks, waterfalls, or even integrated spa features creating an attractive focal point at the heart of your outdoor living space.

But beyond all these aesthetic values lies the core value - wellness. Plunge swimming pools are known for providing significant health benefits through hydrotherapy. Immersing oneself in cold water after exercise has been scientifically proven to speed up muscle recovery by reducing inflammation and soreness. Similarly, taking a dip in warm water helps improve circulation and provides soothing relief from stress and anxiety.

It's important to understand that owning a plunge pool promotes a lifestyle – one that appreciates wellness and leisurely enjoyment just steps away from your door. It's about slowing down from our fast-paced lives to soak up nature's beauty while reading a book poolside on a lazy Sunday afternoon or inviting friends over for an intimate backyard barbecue with the gentle sound of water trickling in the background.

In conclusion, a plunge swimming pool can be a smart investment not only for its visual appeal but also for the functionality it brings. It's small and easy to maintain yet offers an array of benefits from health to leisure. It's more than just a pool- it's a lifestyle choice that speaks volumes about your taste, your love for wellness, and your

appreciation for the finer things in life.

Hiring a Swimming Pool Contractor

Frequently Asked Questions

What is a plunge swimming pool?

A plunge swimming pool, also known as a dipping pool, is typically small and shallow designed for lounging, wading and cooling off instead of swimming laps.

How much space is required to install a plunge swimming pool?

The size of the plunge pools varies but they are typically between 4m x 2m and 7m x 3m. Hence, you would need at least this much free area in your yard.

What materials are used to construct a plunge swimming pool?

Plunge pools can be made from various materials such as concrete, fiberglass or vinyl liner depending on the customers preference. Each material has its own benefits.

How long does it take to install a plunge swimming pool?

The installation time depends on numerous factors such as the size of the pool, ground conditions and weather conditions. However, typically it may take anywhere from few weeks up to few months.

What is the estimated cost of installing a plunge swimming pool?

The cost can vary greatly depending upon size, design complexity, location and chosen materials. On average though, you might expect to pay between \$10,000 - \$20,000 for basic designs.

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Wallaby Pools

Phone : 615-606-3092

Address : 217 Willow St, Nashville, TN 37210, United States

Google Business Profile

Google Business Website

Company Website : <https://wallabypools.com/>

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