

HOT TUB SHOPPING

How to Choose the BEST HOT TUB FOR YOU

H dromassage Your Way to Better Health

Jacu7771



WHETHER IT'S STAYING ACTIVE, DEFYING STRESS, OR COMBATING PAIN, YOUR JACUZZI® HOT TUB CAN HELP YOU BE YOUR BEST SELF.

Jacuzzi[®] Hot Tubs offer 60 years of innovation, and legendary performance.

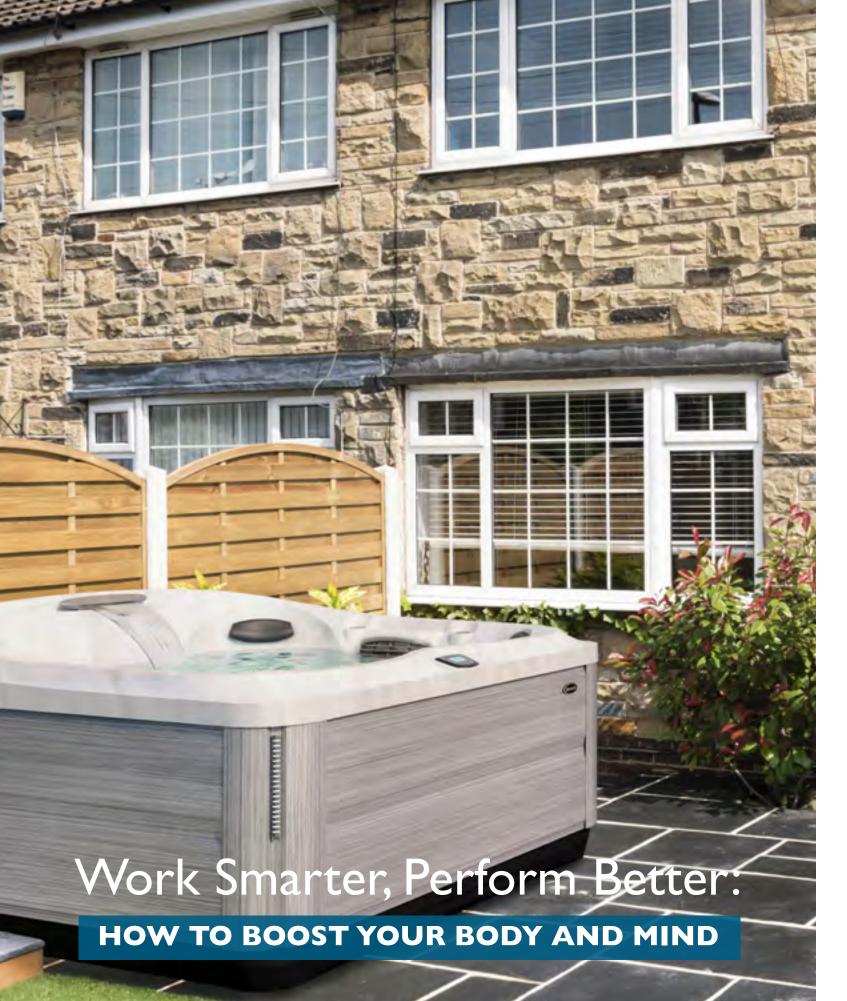
Engineered with the best materials, easy to maintain, and built with the perfect mix of air and water to deliver a best-in-class hydromassage experience, the only question left is which one is the right choice for you and your home? Your hot tub dealer can help you with all of the ins and outs of each model's unique features, help you plan for installation, and even let you try them out.

To help with your planning, explore this Jacuzzi[®] Hot Tub guide, then work with your dealer to choose the one that will bring out the best performance in you.





Jontents



Performing to the best of your ability is all about learning how to navigate the fast-paced, sometimes bumpy roads of life.

That's why it's so important to embrace tools and strategies to manage your stress level. Doing so can help you set attainable goals and improve your mindset, physical health, and overall happiness.

MIND: **The Benefits** of De-Stressing

If it goes unchecked, chronic stress can lead to emotional turmoil, mental strain, and even physical health problems. Here are some coping mechanisms to help counter the negative effects of stress on your mental state:

Give yourself a time-out. Allowing yourself some "me" time—even just 20 minutes in your hot tub, bathtub, or sauna each day—can help clear your mind and recharge for the next set of tasks that await. A short 10-minute soak session has even been proven to enhance cognitive performance and memory.

Meditate your way to clarity. There are many advanced meditation techniques you can learn in time, but even the simple act of closing your eyes and breathing deeply can be a calming and effective way to start and end your day. While you're in the zone, engage in some positive self-talk to remind yourself you're doing a great job.

Power down. Feeling pressure to stay connected to the world via technology and social media doesn't give your mind time to unplug. At the very least, designate some tech-free time with your partner or loved ones (such as dinnertime), and don't bring devices to bed.



BODY: Quick Tricks to Improve Your Performance

Regardless of your age or activity level, sometimes the body needs time to rest and repair—whether from soreness following a workout or tightness in your muscles as a result of sitting at a desk all day. Taking care of your body can promote better health, reduce the chance of injuries, improve athletic performance, and promote mobility. Try these body-boosting behaviors:

Sleep well. Science has proven that consistent, restful sleep is one of the best ways to beat stress and replenish the body and mind. But what if you have trouble sleeping? The Better Sleep Council recommends establishing a winding-down routine, and what better routine than spending time in your hot tub? Not only does the warm water release muscle tension and ease blood flow, which facilitates a relaxed state, but raising your internal temperature and then having your body naturally return to normal creates a gentle transition that improves sleep.

Incorporate more movement into your day. Exercise is not just for burning calories and staying fit. Among the health benefits are increased circulation and the release of feel-good hormones (endorphins) that help keep you limber and boost your mood. Find an activity you enjoy, or simply take a brisk walk to get your heart pumping. Then, soothe your muscles and joints with hydromassage.



Think of food as "fuel" for your body.

There are many philosophies when it comes to what should comprise the "perfect diet." What we know for sure is that nutrition is the fuel that makes our bodies run, which is why your food choices play a major role in how you feel, perform, and maintain a healthy weight. A good rule of thumb is to opt for meals rich in lean protein, vegetables and fruits, complex carbs, and "good" fats, and try to limit sugar and processed food. For special dietary needs or health conditions, speak with your doctor.

By taking care of your mind and body, you will feel better physically, be able to think more clearly, and ultimately, be able to give your all to everything you do.

ANATOMY OF A HOT TUB

Jets

Placement is more important than the number of jets. Look for high-volume/low-pressure directional jets that are placed so they correspond with the areas of your body you'd like to target with hydromassage.

Seats

Try out the different seating options in a dry and/or wet hot tub to see which ones provide the most comfortable fit for you. You can also ask your hot tub dealer to explain how different seats are designed for different massage combinations; how lounge seats deliver full-body therapy; and why "cool down" seats above the waterline are great for children.

Water Management System

Beyond the look and feel of your hot tub, you'll want to seek out a quality water management system. Look for those that do most of the job of keeping water clean so you can spend more time enjoying your hot tub and less time on water care. As a general rule, the more stages of filtration, the cleaner your water will potentially be. Your dealer can help you understand the various water filtration stages, as well as the optional upgrades in higher-end models.

Materials

Because you'll have your hot tub for many years to come, consider the durability of its materials. Ask your dealer about different options that maximize energy efficiency, are made with UV-resistant materials, and that allow you to make the look fit your style.





Did You Know?

IN 1925, THE JACUZZI FAMILY REVOLUTIONIZED THE AGRICULTURAL INDUSTRY BY CREATING THE FIRST SUBMERSIBLE PUMP FOR USE IN ORCHARDS.

LEARN ABOUT HYDROMASSAGE OPTIONS

Besides its many benefits, hydromassage feels amazing. A Jacuzzi® Hot Tub can stimulate pressure points like a reflexology treatment, mimic a deep tissue massage, or apply rhythmic pressure like a soft tissue massage. Here's how:



THE IDEAL MIX OF AIR AND WATER. Jacuzzi[®] Hot Tubs are expertly crafted with technology that creates Aqualibrium®-the perfect mix of air and water. This allows for a low-pressure, high-volume hydromassage every time you step into the hot tub.



PERFECT PLACEMENT. More jets do not equal a better massage, but purposeful placement matters. In fact, it's what sets |acuzzi® Hot Tubs apart. Enjoy spinning jets for the back and shoulders, concentrated jets to target the lower back muscles, and a variety of jets positioned throughout the tub to work on the legs, feet, hands, and neck.

CUSTOMIZED FOR YOU. You have the power to control the force of the jets so you can enjoy relief, recovery, and relaxation based on what your body needs are that day without compromising another person's hot tub experience.



ERGONOMIC SEATING. When choosing the right |acuzzi[®] Hot Tub for you, you'll find options with seating that are **perfectly positioned** so you can experience the full benefits of hydromassage. There are lounge seats and therapy seats made for relaxation, as well as cool down seats that sit higher above the waterline (ideal for children or taking a break from the heat).

3 WAYS TO ENGAGEYOUR SENSES

If you really want to maximize your hot tub time, these additions can set the mood and stimulate your senses.

SOUND



Stream the relaxing sounds of nature, get lost in the sounds of the hot tub waterfall, or enjoy calming instrumental music when you want deep relaxation. Or tap into **party tunes** for livelier hot tub sessions with guests.

SIGHT



The colour of your hot tub's lighting can influence your mood in positive ways. This is known as chromatherapy. Ask your hot tub dealer to show you the different types of lighting hot tubs can offer from underwater LED lighting and illuminated waterfalls to exterior lighting.

SMELL

Stimulate all your senses by adding scents around your hot tub to match your mood. Choose from calming fragrances like lavender or bergamot, or more stimulating smells like eucalyptus to rejuvenate.



A hot tub is a long-term investment, so you'll want to choose one that is best suited for your home, your lifestyle, your physical needs, and your budget. Here are some questions to get you started:

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WHO WILL BE USING IT?

Think about if you're buying a hot tub for family and friends to enjoy, or if it will be primarily for one or two people. What are the ages of the users, and do any of them have physical limitations? Answers to these questions will help you narrow down your options. For instance, the more seating options a hot tub has, the more choices you'll have for a targeted hydromassage.

WHAT IS THE MAIN REASON YOU WANT A HOT TUB?

Hot tubs provide a number of benefits, but think about your top priority. Is it for relaxation, reconnection and family bonding, or therapeutic pain relief-or some combination of these?



HOW MUCH SPACE DO YOU HAVE?

Did you know you can get more seating variety for just a few more inches of space? Focus on

the dimensions you have to work with and your installation options (such as vaulting, in which your hot tub is partially in ground) to maximize your environment.

HOW TO CHOOSE THE **BEST HOT TUB FOR YOU**

WHICH FEATURES ARE MOST **IMPORTANT TO YOU?**

Your hot tub should have all the elements necessary to make it a good investment for

your unique needs. If you have a physical issue that requires targeted hydrotherapy, you'll want to give thought to the placement of the jets. If you live in an area that gets extreme hot or cold weather, you'll want to be sure your hot tub has durable cabinetry. Or, you might prefer a high-back design, or advanced technology features like the Jacuzzi[®] ProLink[™] System. Ask your dealer to go over each model's key features.

WHAT'S YOUR BUDGET?

5 \$

The cost of a hot tub will vary based on the models you're considering. Jacuzzi® Hot Tubs range from entry-level to luxury pricing.

Compare each model's features, materials, and overall quality and performance to decide which one meets your needs and fits your price range. Many dealers offer financing or special offers to stretch your budget further.

Hydromassage Your Way

to Better Health and Wellness

In case you needed another reason to become a hot tub owner-beyond relaxation and enjoyment—here are seven scientifically proven (and amazing) health benefits that hydromassage can provide:

DE-STRESS

Reducing stress is all about quieting your mind and letting relaxation take over. Hot tub jets can help work out the tension that manifests itself in physical form. When combined with deep breathing and a calm setting, your hot tub can be your stress-free haven.

RELIEVE LOWER BACK PAIN

This all-too-common—and irksome—issue affects many people regardless of age or fitness level. One non-medicinal way to cope is with hydrotherapy. The buoyancy and warmth of the water helps bring relief to sore muscles, while the jets in the therapy seats provide concentrated treatment on the lower back.

CALM RESTLESS LEG SYNDROME AND LEG CRAMPS

If you've had leg cramps or you suffer from restless leg syndrome, you understand the frustrating inability to enjoy a good night's sleep. Relaxing in a hot tub before bed can help calm those feelings, with doctors reporting that changes in temperature has additional healing benefits as well.

IMPROVE SLEEP

A good night's rest is essential, but many people have trouble achieving the amount of sleep their bodies need. Experts recommend establishing a bedtime ritual—which can include 20 minutes in a hot tub-to promote relaxation and prepare your body for sleep. Besides the calming feel of a hot tub, when you exit the warm water, your body temperature cools, which signals your brain that it's time to head to bed.

FIND RELIEF FROM FIBROMYALGIA

Although it's still somewhat of a medical mystery, fibromyalgia has the major symptoms of musculoskeletal pain, fatigue, and mood changes. Sitting in a hot tub has been found to help those with fibromyalgia not only relax, but also take away some of the pain in joints.

RECOVER FROM EXERCISE

Immersing yourself in warm water, enhanced by the powerful massaging pulse of the jets, can relieve post-workout aches and pains and help release lactic acid (the cause of muscle soreness). You can even target specific areas like your legs after a long run or your shoulders after a day of weight training.



RELIEF FROM ARTHRITIS

The search for arthritis relief is what inspired the original Jacuzzi[®] in-home hydrotherapy pump (see page 12). That's because the warm water stimulates blood flow to stiff muscles and tender joints, and allows arthritis sufferers to do some gentle stretching. In addition to reducing pain overall, studies have shown that hydromassage even helps some people with arthritis increase grip strength. Hot tubs mimic what the jetted bathtub provides with the added benefit of ergonomic seating, while allowing you to enjoy the outdoors alone or with family as well.



Enhance Your HOT TUB TIME with Exercise

Many people purchase a hot tub for its

physical benefits, choosing to do more than just soak. In some circumstances, performing workout moves while you're submerged in water can improve your physical fitness.

Here are some moves to try. Start with three sets of 8 to 10 reps each:

LEG-TONING LIFTS

Using the hot tub walls for support and balance, stand and do some leg lifts.

You can lift one leg straight out to the side, practice bringing one knee to your chest, and even just walk around your hot tub (forward, backward, and sideways).

With all of these moves, the water resistance will provide a good workout, while the buoyancy will take the pressure off your joints.

MUSCLE-FLEXING ARM MOVES

From bicep curls to arm circles, you might be surprised at how challenging underwater movements can be.

For a more advanced workout, do these sets holding light dumbbells—you'll enjoy the dual benefits of a strength training and cardio workout.

LIMB-LOOSENING STRETCHES

One of the best times to stretch is after you've loosened up for a few minutes in a hot tub.

From a seated position, pull your knees into your chest, or try touching your toes.

For your upper body, gently pull one arm across your chest at a time, and then up and over your head.

Even if you have trouble doing certain movements on dry land, the buoyancy of a hot tub can allow you to get a good workout. With regular routines, you can tone your muscles, increase your flexibility, and burn calories.

(If you have limited mobility, speak to your doctor or physical therapist first to see if a water workout is right for you.)





TIPS FOR A **SAFE SOAK**

Spending time in your hot tub has many benefits, especially when you soak with safety in mind. Here are a few simple rules about moderation and safe practices during your hot tub sessions.

Stay hydrated. Drink some wate before and after your hot tub session. Better yet, keep a water bottle nearby and sip and soak while you relax.



Don't stay in too long. As great as it feels, it's important to maintain moderation when it comes to high water temperatures. Twenty minutes at a time in your hot tub is all you need to reap the wonderful water benefits.

Take care of your skin. To replenish your skin's natural moisture after enjoying your hot tub, do the following: Pat (don't rub) your skin dry with a soft towel. Shower, then apply a moisturizer that includes shea butter or cocoa butter while your skin is still damp.

Keep kids safe. Children are more sensitive to heat than adults are, so lower the temperature to 35°C or lower if you're having some family hot tub time. Ten- to 15-minute sessions are ideal for younger soakers. And if your hot

tub has cool down seats above the waterline, designate those for the youngest members of your family. Bonus tip: Get a secure cover for your hot



tub when it's not in use, especially if you have children in the home.

Avoid slips. Besides being a stickler about enforcing a no-running-and-jumping rule, it's a good idea to have a non-slippery walkway from the hot tub to the house. You can also add some non-slip mats, pads, and/or tread tape in the area surrounding the hot tub.



The Evolution of At-Home **HYDROTHERAPY**

With a long and storied history, at the heart of the lacuzzi[®] Brand legacy is a love of family and a passion for innovation.

THE INSPIRATION BEHIND THE BRAND

Ken Jacuzzi's childhood illness in the 1950s was the inspiration for the development of the first in-home hydrotherapy pump by his father, Candido Jacuzzi.

At the age of 2, Ken Jacuzzi contracted juvenile rheumatoid arthritis, leaving him bound to a wheelchair. Told that Ken would not live to see his third birthday, his mother encouraged her inventor husband Candido to develop a portable hydrotherapy pump to provide pain-relieving treatments at home. That hydrotherapy pump was the beginning of what has evolved into the iconic Jacuzzi® Brand today.

1900s

ITALIAN-AMERICAN INNOVATORS

The Jacuzzi family departs Italy for the United States and transforms the aviation and agriculture industries.



I-300[™] chrome

hydromassage

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1950s A LABOUR OF LOVE

When Ken Jacuzzi, age 2, is diagnosed with rheumatoid arthritis, his father invents a portable hydrotherapy pump to provide pain-relieving hydrotherapy.

The invention is featured as the big prize giveaway on the TV show "Queen for a Day."



1960s

ROCKIN' THE ROMAN

Roy Jacuzzi creates the world's first integrated whirlpool bathtub the "Roman."

The unique 50/50 air-to-water ratio changes the industry forever.

A SOCIAL

SENSATION

Large indoor bathtubs turn

bathing into a social activity.

The new heating and

them a sensation.

filtration systems make

1980s

FABULOUS FEATURES

New indoor and outdoor models with whirlpool baths and soothing waterfalls make their debut.



1990s

Waterfall

feature

debuts

SOAK IN THE GLORY

Roy Jacuzzi is inducted into the National Kitchen & Bath Hall of Fame.

A FAMILY TRADITION **OF INNOVATION**

The original Jacuzzi brothers would no doubt be proud of what their family name represents today. Here are just a few features that set the Jacuzzi[®] Brand apart:

Exclusive, adjustable PowerPro® jets that utilize Aqualibrium[®]the perfect mix of air and waterdeliver a high-flow, low-pressure hydromassage that sets the industry standard

The lacuzzi Brothers

A functional design that follows the contours of the human form, perfectly positioning your body to maximize the benefits of hydromassage



Durable, acrylic shells that are stain- and scratch-resistant, with long-lasting cabinetry options such as synthetic wood, which is UV-resistant to withstand weather and stay beautiful longer

The unit he designed successfully helped reduce young Ken's pain, thanks to the combination of buoyancy, warm water, and massaging. The opportunity to have daily hydrotherapy was a key factor in helping Ken enjoy life at home instead of spending days and weeks at the hospital.

After a long and successful life in manufacturing, marketing, and research and development around the globe, Ken Jacuzzi lived to the age of 74.



lacuzzi[®] Brand hot tubs and bathtubs are sold in more than 70 countries, and new advancements emerge:

✓ Pump Systems ✓ Jet Technology ✓ Air Controls ✓ **Product Design**



A Future **Filled with Wellness**

What began as a desire to help a family member has flourished into a company that has pioneered and revolutionised an entire industry.

With each new innovation, the Jacuzzi® Brand will continue to raise the bar on the wellness industry and beyond.

INNOVATIONS CONTINUE

Including the unveiling of the revolutionary J-500[™] Collection and ProLink[™] system.

- CLEARRAY[®] Water Management System and CLEARRAY® PRO₃TECT[™] Automatic Oxidizer, designed for ease of use and exceptional performance, make it
- simple to maintain clean, clear water

An assurance of top-notch quality construction—all Jacuzzi[®] Hot Tubs undergo thorough quality checks to ensure they live up to the brand's reputation for dependability backed by a solid warranty

Finding the Right Hot Tub to Fit Your Home



In addition to choosing a hot tub that's ideal for you, you want to make sure you have ample space for it and make any necessary preparations before it's installed. Here are some items to discuss with your dealer:

The Foundation

If you currently just have grass outside, you'll want to create a solid, level surface before installing your hot tub. The ground or deck must be sturdy enough to support the weight of the filled spa and the people in it. A licensed contractor can help you select the appropriate foundation for your style and budget.

Your options may include:

Prefabricated pads: Made of high-density plastic, this lightweigh foundation is portable, making it a budget-friendly option. It's great if you plan to move it at a later time, too.

Concrete: This is a low-maintenance, popular hot tub foundation.

Paving stones: An easy way to add some aesthetics in your hot tub area, paving stones come in many styles and colors.

Decks: As long as it is built to support the weight of the hot tub, a deck can be a stylish addition to your décor as well as a popular foundation option.

Accessibility

When selecting the perfect spot for your hot tub, try to imagine when and how you'll be using the tub. For instance, if you live in a colder climate, you'll want the tub to be close to the back door of the house so you can get in and out quickly. If you plan to set it up a little farther from the house, consider adding a non-slippery walking path.

Also consider the privacy factor. Is your hot tub area set apart from the rest of the garden in some way? Can the neighbors see right in? In close quarters, you might consider fencing, moveable walls, a gazebo, or a privacy canopy of some kind.

Your Space

Once you've made your decision as to where the hot tub will live, snap a few photos of the space and bring general measurements to your hot tub dealer. That way, he or she can show you which models are potential matches for your space.

BROWSE OUR HOT TUB Ø **INSTALLATION GALLERY** FOR INSPIRATION AND IDEAS.





Hot Tub Features You Shouldn't Live Without

If you're making an investment in a good quality hot tub, don't settle for the first model you see without thinking it through. Here are some options to explore when you visit your dealer:

- Strong jet power for every seat. Ask if the hot tub you're considering can run all of the jets simultaneously so everyone can benefit at once.
- A built-in waterfall. Having a waterfall in your hot tub, especially one that cascades over your shoulders, is a great soothing experience and an elegant touch of ambiance.
- Underwater illumination. Modern LED lighting under the water with radiant colours is perfect for a soothing nighttime session.
- App control. Hot tubs can be easy to use and maintain, thanks to advancements in technology. Users can adjust key settings from their smart devices, maintain energy efficiency and temperatures from afar, and request servicing from your dealer with the right apps and systems.



Did You Know?

JACUZZI® BRAND IS THE PREFERRED HOT TUB CHOICE OF MANY ATHLETES. ♂ VISIT JACUZZI.CO.UK TO LEARN MORE ABOUT #JACUZZIPERFORMANCE.

Hot Tub Time for **EVERYONE**

Once you add a hot tub to your home, family members and friends will be getting in line to take a soak. The good news is that everyone can enjoy the benefits of hot tub time, from therapeutic relief to relaxation. Here are just a few examples:

Couples and Families

The benefit: Connection and bonding

How it works: Hot tubs are a cozy, comforting place where everyone can unplug and gather for conversation and relaxation.

Arthritis Sufferers

The benefit: Ease joint pain **How it works:** Thanks to the combination of warm water, buoyancy, and a jetted massage, people with arthritis often feel an improvement in grip strength and increased blood flow to muscles and joints.

Working Professionals

The benefit: De-stress and sleep better

How it works: As the jets get to work on the body's physical tension, the mind benefits from the quiet time to relax, reflect, and recharge. And with less stress comes a more restful sleep.

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Did You Know?

ELVIS PRESLEY HAD A BLUE JACUZZI® BATHTUB IN HIS HOUSE—PERHAPS TO MATCH HIS BLUE SUEDE SHOES?

Active Lifestyle Enthusiasts

The benefit: Workout recovery and improved performance

How it works: From professional athletes to anyone active in sports and fitness, active lifestyle lovers have come to rely on Jacuzzi[®] performance. Hydrotherapy is an integral part of training and recovery regimens all around the world.



HUI TUB DEALER VISIT CHECKLIST



Let's get you closer to finding the perfect hot tub for you...



GET THE MOST OUT OF YOUR STORE VISIT ... JUST PRINT AND GO.



- **Take photos** of your garden to show your dealer where and how you envision placement of your new hot tub.
- □ If space is tight, **gather measurements** of the areas you are considering. Use those to figure out and sketch potential garden design ideas.
- **Call ahead** to see if you can schedule a private "wet test." (Plan to bring a swimsuit if so.)



Help your dealer by preparing answers to these quick (but important) questions:

□ Who will be using the hot tub?

- How many people will be using the hot tub at once? - Are they very tall/short?
- Are they very young or have special needs?

U What will be the main uses of the hot tub?

- Relaxation

- Recovery

-

Training

- Entertainment
- Family togetherness time
- Relief of joint pain - Muscle pain relief
 - Mental well-being - Overall stress reduction
 - Improve sleep



Take full advantage of your visit to make sure you'll love your new hot tub:

- **Jets.** At a minimum, test these with your hand, ideally during a wet test. How adjustable are they? Do they match up with high tension areas? What's the massage variety?
- **Seats.** Get in the hot tub. Since they vary in size and depth considerably, make sure the seats are not too small or large.
- **Sound.** How loud is it when the hot tub is running? How does the waterfall sound?
- □ **Maintenance.** Are the filters easily accessible? Is it easy to use the control panel? Is there easy access for routine maintenance? Ask for a demo of all typical functions.
- **Family-Friendliness.** A hot tub with a smaller "cool down" seat will give children a great place to sit.

QUESTIONS TO DISCUSS WITH YOUR DEALER

- **Water care:** What is the difference between UV and Ozone?
- **Ease of ownership:** What technology and apps make hot tub ownership easier?
- **Reputation:** Do you offer any dealer references?
- **Installation:** Can I install the hot tub myself? What are the plumbing and electrical requirements? What is the difference between Plug 'n' Play and wired?
- **Warranty:** What is the warranty on the tub and its components?

OTHER THINGS TO CONSIDER

Remote monitoring and control. Some models work in tandem with mobile apps so you can control settings, schedule maintenance, and find personalised use and care content right from your smart device.

- **Accessories.** From coordinating steps to make it easier to get in and out of your hot tub to umbrellas that add protection from the elements and a touch of style, there are many functional yet aesthetic accessories to customize your hot tub experience.
- **Upgrades.** Advanced water management systems and premium cabinetry materials are just a couple of options that can provide a more luxurious experience.

WRAPPING UP YOUR VISIT

- **Inspiration.** Ask to view photos of prior installations they're a great source of ideas.
- Getting ready. Discuss the Pre-Delivery Kit with your dealer.
- **Check availability.** How soon can your hot tub be installed? Who should you contact for support?



Need further inspiration? **BROWSE OUR HOT TUB GALLERY** FOR INSTALLATION AND GARDEN **DESIGN IDEAS.**



THE JACUZZI BROTHERS MADE THEIR MARK IN THE FIELD OF AVIATION WITH THE CONSTRUCTION OF THE FIRST ENCLOSED-CABIN MONOPLANE FLOWN BY THE UNITED STATES POSTAL SERVICE.





