

I'm not a bot



New to water softening & hard water treatment? Our guide will tell you everything you need to know, from our water treatment experts. Water Softeners Salt-Free Conditioners Water softener systems are becoming a commonplace appliance in many households, with an estimated 25% of homeowners in the US choosing to soften their water. Water softeners are tank-based water treatment systems that remove hardness minerals (namely calcium and magnesium) from water, preventing hard water issues like limescale. In this guide, we'll be sharing all the details you need to know if you're curious about water softeners, including how they work, and their benefits. If you find that water softeners aren't right for you, we've also shared several alternatives to consider which can also address hard water problems. Thought there was only one type of water softener available? Fortunately not! It sometimes feels like manufacturers are set out to confuse us with all their different water treatment options, but actually, choice is a good thing. Each type of hard water treatment has its own unique benefits, and when you understand the differences between them, you might just find that one system is particularly right for you. Water softeners use a process called ion exchange to replace hardness minerals with sodium ions in water. Quick science lesson: The ions involved in water hardness (calcium and magnesium) and sodium chloride are all positively charged. Water softeners use this negative charge to bind that attracts sodium inside the tank. When these ions stick to the resin beads, they are extracted to the brine tank, where they stick to the resin beads. The resin beads then release the sodium ions into the water, balancing the water's electrical charge. Read the long story of how water softeners work in the next section. Traditional water softeners consist of four parts: a resin tank and a brine tank. Brine, a salt-and-water solution, flows into the brine tank into the resin tank, where the brine tank saturates the negatively charged resin beads, causing them to stick to the resin. Sodium ions, from the resin heads, are depleted, the softener will regenerate, washing the hardness minerals out of the resin and replacing them with fresh sodium chloride. This process can continue consistently as long as you regulate how much salt you add to the tank, saturating the resin heads. Water softeners are softeners, so they remove the minerals that are responsible for water hardness: calcium and magnesium. Some water softeners can also remove low levels of iron, making them a good choice for anyone looking to soften their water. Water softeners aren't perfect, so they can remove contaminants that don't contribute to water hardness, like heavy metals and chlorine. Related: Diamond Crystal vs Morton Water Softener Salt Compared There are two types of salt-free water softeners you're likely to come across today: TAC/NAC conditions and citric acid conditions. TAC/NAC (template-assisted crystallization/ nucleation-assisted crystallization) uses a media to condition water, preventing scale formation. TAC/NAC water conditioners don't remove hardness minerals or other minerals from water. Instead, these systems crystallize the hard water minerals, preventing them from being able to stick to surfaces. The benefit of TAC is that you can still benefit from calcium and magnesium in your tap water without having to deal with limescale. You also don't have to add salt to your water, which is a bonus if you want to limit your salt intake as much as possible. Related: Do salt-free water softeners actually work? NAC media processes Water conditioners using citric acid soften water using a process called chelation. Chelation meters citric acid into a hard water supply, causing the hardness ions to bind to the citric acid. The biggest perk of using citric acid to soften your water is that you don't have to use salt, and unlike water conditioners, chelation softeners physically remove calcium and magnesium from water. However, it's important to be exact with how much citric acid is added to water. Too little, and your hard water will stay hard; too much, and your water will become acidic, presenting further cleaning problems especially if you have copper pipes. Electronic or magnetic descalers use magnets or a coil of wire placed around your main water pipe. Like water conditioners, water descalers don't technically soften water. Instead, these systems treat hard water by producing electromagnetic impulses that alter the composition of hard water minerals, preventing them from forming scale. The great thing about descalers is that they're affordable, costing around \$300-\$500, and they require no maintenance whatsoever. However, the evidence to back up this descaling performance is limited, so it's hard to know whether they truly work or not. Plus, they're not recommended for homes in a very hard water area. Yarna descaler Further Reading Explained: The Pros and Cons of Water Softeners Water softeners aren't as complicated as you might think. There are quite a few bits involved in a softening system, but you won't have to think about most of them once the system is installed. The three main components to be aware of in a traditional salt-based unit are the resin tank, the brine tank, and the control head. The resin tank is where a process called ion exchange takes place. Inside the resin tank are resin beads. These resin beads hold onto each individual sodium ion that passes into the tank. During the ion exchange process, the resin beads release sodium ions into the water, while calcium and magnesium minerals take their place inside the resin. You don't need to worry about the resin softener tank, as once you've set it to regenerate (more on that in the control head section), you can leave it to do its thing. Depending on the crosslink percentage of your resin, you'll usually need to replace the resin heads every 8 to 10 years. The brine tank contains the water softener salt. When this softener tank fills with water, a brine solution (combining salt and water) is formed. This brine solution flows into the resin tank when the system regenerates. You should keep the tank at least 1/3 of the way full to ensure there's always enough salt in the system for the ion exchange process to take place. Check the tank every 4 weeks or so and add more salt if needed. Check out the top rated water softener salts. The control head gives you control over how the system operates. You'll be able to input important information about your water chemistry and average water usage, and program the system to perform a regeneration cycle at certain times. Once you've set the system using the control head, you can leave it to automatically follow your instructions. However, if you want to improve the efficiency of your softener's performance, it's easy to amend your settings for more desirable results, whether that's more water softening or reduced water waste. Some water softeners have a Bluetooth app that lets you monitor and control your water softener from your phone, which can be a convenient option for some people. Water softeners work by using a process called ion exchange known as cation exchange. Here are the steps involved in this process: Hard water enters the water softener's resin tank, which contains a bed of negatively charged resin beads. Calcium and magnesium hardness ions in the water, which have a positive charge, are attracted to the negative charge of the resin bed. As water flows through the resin tank, these mineral ions stick to the resin beads. Positively charged sodium chloride ions, which are loaded in the resin beds, are released into the water. Sodium is released, equal to the amount of hardness minerals captured, balancing the water's charge. The water, now softened with sodium ions, leaves the water softener's resin tank. Water softeners must regenerate to replenish the sodium ions and flush away the accumulated water hardness minerals. To regenerate, a water softener draws a highly concentrated solution of salty water (known as brine solution) out of the brine tank and flushes it through the resin beds. The process usually takes 2-3 hours in total. There are five stages involved when a water softener regenerates: Brine tank fill: Water flows into the brine tank, filling it below the salt level. Backwash: The resin beads are flushed in a backwashing process, removing the minerals. Resin tank brine draw: Brine is drawn from the brine tank and reverse ion exchange takes place. Brine rinse: The brine valve closes and the resin is rinsed again. Lingering brine is washed down the drain. Fast rinse: A final fast rinse cycle occurs in the resin, which causes the resin beads to become compacted and ready for the softening process once more. There are two common regeneration methods used in ion exchange water softeners: co-current and counter-current regeneration. Co-current regeneration sends the brine solution into the resin tank in the same direction as the water flow. As the brine solution flows through the resin beds, the hardness minerals are forced down through the system, causing them to constantly be exchanged and re-exchanged. Once the water reaches the bottom of the resin tank, the solution is weakened, and the resin beads with the highest charge are at the top of the tank. Counter-current regeneration sends brine up through the bottom of the regeneration tank. The brine solution flows in the opposite direction, first coming into contact with the bottom of the resin, which is typically less depleted than the top. There are fewer hardness minerals causing exchange and re-exchange as the brine flows through the resin, which means the brine is still relatively concentrated once it reaches the top of the tank. Counter-current regeneration distributes sodium ions more evenly around the resin, which saves about 65% water and 75% salt compared to a co-current water softener. The four key differences between upflow and downflow water softeners are: The direction of flow. Upflow water softeners push brine up through the bottom of the resin bed, so the brine flows upward towards the top of the tank. Downflow water softeners, on the other hand, send water down through the top of the resin tank, so water flows down towards the bottom of the tank. The efficiency of regeneration. The upflow regeneration process is about 5% more efficient than a downflow system. What does this mean? You should be able to save money and salt by using an upflow water softener. The thoroughness of brining. Because upflow water softeners more effectively send brine across the entire surface of the resin bed, they offer a more thorough brining process than downflow water softeners. The system components. While most components in upflow and downflow systems are the same, an upflow water softener doesn't need a backwash control valve, while a downflow softener does. Proportional vs automatic brining. Upflow water softeners are ideal when they're used for proportional brining when a measured amount of salt is added based on how much of the resin beds need to be regenerated. Downflow water softeners are more commonly associated with automatic brining. You have several choices when deciding on a water softener configuration for your home: Single-tank water softeners are the traditional water softener configuration. Single tank doesn't mean that a water softener's resin and brine tanks are packed into the same tank; it just means that the system has one resin tank, not two. A single-tank system can provide a softened water supply when the system is performing a regeneration cycle. Most people set their water softeners to regenerate at a time that they don't plan to use water, such as 3:00 AM, so they'll only ever use softened water in their home. Dual tank water softeners technically contain three tanks: two resin tanks and a salt tank. The biggest perk of a dual-tank softener is that it's the system that can always be in use. While one resin tank is regenerating, the system will switch automatically to the other tank. This means you're never without softened water during the regeneration process. Owning a dual-tank water softener is beneficial if you have appliances running throughout the night, such as hot water heaters. Fleck 9100SXST Dual Tank system Portable water softeners aren't actually portable, but they're so-called because they're much smaller than traditional water softeners. The system's configuration is the same as a single-tank ion exchange water softener. The biggest difference is that this water softener is small enough to be installed in tight locations, such as in RVs and small vacation homes. Portable softeners are your looking for the combined benefits of water softening and filtration, combo systems tend to be the most high-efficiency choice. A combination filter-softener installed at your home's point of entry can soften your water and improve your water quality, removing common contaminants as well as hard minerals. This means you can benefit from tastier, safer, healthier drinking water as well as reducing the scale issues in your home. 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even when not needed. Can use more salt and water than necessary. On-demand or smart-metered systems: Monitor actual water use and regenerate only when required. Improve cost-efficiency and reduce salt and water waste. Always keep resin beads ready, adjusting to changes in water usage. For most families, on-demand water softeners offer the best mix of convenience and savings. You get reliably soft water without extra effort or wasted resources. How to Perform a Household Water Audit Many homeowners do not realize how much water they actually use each day. It can be surprising, some families use 500 gallons or more in a single day without even noticing. Completing a household water audit helps you understand your true usage and ensures your water softener is set up for success. Using Your Water Bill or Meter The simplest way to track your water use is through your utility bill or water meter. Water Bill: Most bills list your total water usage for the month. To find your daily average, divide the total gallons used by the number of days in the billing period. Some providers even break down usage by activity, offering more insight into how water is spent around the house. Water Meter: If your bill does not offer enough detail, your water meter is a reliable backup. Take a reading at the same time two days in a row to see how much water your household uses over 24 hours. Repeat a few times for an accurate average. Manual Audit with Flow Rates If you want a more hands-on approach, you can estimate water use by fixture. This method gives you a deeper look at where your water is really going. Faucets: Collect water from a faucet for 10 seconds, measure the volume, and multiply by six to get gallons per minute. Toilets: Turn off the water supply, flush, then refill the tank with tap water using a measured container until it reaches the original water line. This gives you the volume per flush. Appliances: Use manufacturer specs to determine gallons per load or cycle. Track Usage: Count how many times you use each fixture or appliance in a typical day or week. Calculations: Totals: Multiply the flow rate by the frequency of use for each source, then add everything up for daily and weekly totals. Why Knowing Your Usage Matters Understanding your daily water consumption is more than just an interesting number. It helps you set the ideal water softener regeneration timing so your system works efficiently. Prevent overuse of salt and avoid premature system wear. Make sure your softener is sized and calibrated correctly for your family's needs. Save money by reducing waste and extending the life of appliances with an accurate water audit, you can confidently adjust your water softener for the best performance, without any need for guesswork. Know Your Water Softener Isn't Regenerating Properly After installing a water softener, it is important to make sure it is working as expected. If your system is not regenerating properly, you may notice some changes around your home. Paying attention to these signs helps you catch issues early and keeps your water softener delivering the benefits you expect. Loss of Soft Water Benefits One of the first signs of a loss of soft water is when you start seeing hard water stains on faucets and glassware. Soap scum building up in sinks or showers, or on your skin and hair after a shower, your softener may not be regenerating as it should. Laundry might feel stiff or scratchy, and your clothes may not be as clean as usual. Pressure Drift or Leaking If you notice a pressure drop or leaking coming from your water softener, it may be time to check for salt or water infiltration. This is a common issue with older softeners and is likely to experience these problems. That is why it is important to use a salt timer and a timer that is not connected to your water softener. Some newer models have built-in salt timers that are less likely to experience these problems. This is a good idea to prevent salt infiltration into your water softener. Regeneration Cycles Want your water softener to run efficiently and deliver soft water consistently? Use these simple tips to keep your regeneration cycles on track. Use high-quality salt. Choose salt pellets or cubes specifically made for water softeners. High-quality salt helps prevent buildup and keeps your system working smoothly. Clean the brine tank regularly. Periodically empty and rinse out the brine tank to prevent salt bridges, sludge, or residue. Clean these tanks help maintain consistent regeneration and extend the life of your softener. Schedule regeneration for nighttime. Set your softener to regenerate when water use is lowest, typically overnight. This avoids interruptions in water flow and ensures you always have soft water when you need it. Avoid overloading the system. Plan for heavy water usage, such as laundry day or extra guests. Try to spread out big water-consuming tasks, so the softener is not overwhelmed by sudden spikes in demand. Regular attention to these steps helps you get the most out of every regeneration cycle. Reduce wear, and keep your water softener running efficiently for years. Work With a Professional: Rayne Water Has You Covered! Get the most from your water softener with expert help from Rayne Water. Their team guides you through installation, setup, and water audits, making sure your system is perfectly matched to your home needs. If you ever have questions or need adjustments, Rayne specialists are ready to help. Check out our service locations and product options to get started. Trust Rayne for soft water solutions and support you can count on. Are You Getting the Most From Your Water Softener? Regeneration is the key to keeping your water softener effective. The right frequency depends on your homes water usage and hardness level. Understanding your water softener regeneration time ensures you always enjoy the benefits of soft water, without wasting salt or energy. If you're still unsure about water softener regeneration time or how often your system should regenerate, it often comes down to your household size, water usage, and the hardness level in your area. For personalized advice, it's a good idea to consult a professional who can evaluate your setup and help you get the most out of your system. Have a question or need support? Reach out to Rayne Water for guidance, you can trust. FAQ01: How often should my water softener regenerate? Water softener regeneration time depends on your homes water hardness and daily water usage. Most households see regeneration every 2 to 3 days, but high-use homes might need daily cycles, while lower-use homes may only need regeneration once a week. 2. How long does water softener regeneration take from start to finish? A complete regeneration cycle typically takes between 60 and 90 minutes. This includes all stages: backwash, brining, rinsing, and refilling the brine tank. For most systems, you can expect your water softener to regenerate in just over an hour. 3. Can I change the water softener regeneration time or schedule? Many systems allow you to adjust the regeneration settings. You can set the system to regenerate overnight or during low-use hours. On-demand or metered softeners automatically schedule regeneration based on actual water use, while timed systems follow a set schedule. 4. What happens if my water softener does not regenerate enough? If regeneration is skipped to often, hard water minerals will build up in your plumbing and appliances. You may notice hard water stains, soap scum, or reduced water pressure. Keeping the right regeneration time helps your softener work efficiently and protects your home. 5. How do I know how long it takes a water softener to regenerate in my system? Consult your owners manual or system display for the exact cycle length. Most modern softeners provide a cycle breakdown, but 60 to 90 minutes is typical for most models. If you are unsure, contact your water softener provider, like Rayne Water, for specific guidance. Our mission is to help homeowners plan and complete successful building and remodeling projects, from start to finish. We provide free, unbiased information to help you evaluate a building lot and buy it at the best price. Decide what works for you, what to hire out, negotiate successfully with sellers, designers, contractors, subs, and other professionals. Accurately estimate project costs. Build a healthy, low-energy, and durable building. Get your project built on time and on budget. Reduce your costs. Minimize your risk. And keep your sanity! FEATURED ARTICLES Installing Leakproof Windows Updated Details Keep Your Basement Dry Prevent Septic System Failure Avoid Cost Overruns UNBIASED INFORMATION from Humans, Not AI Chatbots! Our philosophy is simple: The sole purpose of BuildingAdvisor.com is to help our readers with their building projects. All articles are researched and written by hands-on construction experts with decades of building experience. We have no relationship with any advertisers or products. We have no paid links, no paid content, and therefore no conflicts of interest. We are supported entirely by ads placed on our pages by Google and by sales of the BuildingAdvisor Estimating Spreadsheet. WHO WE SERVE Whether you are an owner-builder who wants to do it all, or plan to use the services of an architect, general contractor, subcontractors, or a construction manager (or aren't sure which way to go), we can help make your project go more smoothly and save you money and gray hairs in the process. Who we are GET INVOLVED If you've read this far, you're probably the kind of person that wants to play an active role in your building project, maybe designing and contracting it yourself, and maybe even swinging a hammer. It's great to be actively involved. You're much more likely to end up with the project you want in terms of design, cost, energy efficiency, comfort, and durability. It's not that the other people on your building team don't want to do a good job. But no one understands your goals, or cares as much about your project, as you. WHERE TO BEGIN Maybe you've been thinking about this project for years, or maybe you just got started yesterday. 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In either case, you should start at the beginning: assessing your needs, capabilities, time constraints, and budget, and deciding what responsibilities to take on yourself and which to outsource to others. HOW TO USE THIS SITE The site is organized roughly in the order of a typical project, although in reality, you'll often be jumping back and forth between sections. Your three biggest assets going for knowledge, planning, and communication. Knowledge: The more you bring to your project, the better the outcome. Learn as much as you can about design, materials, building systems, contracts and contractors, costs, and risks before proceeding. Take advantage of the vast amount of information available today on the Web and elsewhere. Without knowledge you are shooting in the dark! Planning: The more time you spend planning, the faster, better, and cheaper your project will be with the fewest headaches. Construction on the building site may be the most exciting phase, but the planning is the most important. Surprises on the job site always cause headaches and cost money, so do not be surprised plan ahead! Communication: Remember, it's your project. If you don't clearly communicate your desires to all members of your building team, don't expect things to come out the way you want. They won't! Your contract,

filter. Highly acidic water can also cause problems in combination with copper plumbing. The acidic water leaches copper from water pipes giving the water a metallic taste and leaving bright blue stains on sinks and tubs. The solution is an acid-neutralizing filter. Salt Intake & Health The small amount of sodium added to the water is low and generally not tasted. If it were a commercial beverage, the FDA would consider it low-sodium. The amount of sodium varies with the hardness of the water. For a hardness level of 7 to 10 grains per gallon (GPG), the softened water will contain about 18 mg of added salt per 8 oz. glass of water. Water from 3 to 6 GPG is considered moderately hard and over 10 very hard. Softened water with an initial hardness of 5 will have half the sodium of water with an initial hardness of 10. For a rough estimate, you can use this rule of thumb: Grains Per Gallon \times 8 = mg salt/liter water. So, for example, water with a hardness rating of 10 grains per gallon would contain this much salt: $10 \times 8 = 80$ mg salt per liter of water. For comparison, a tablespoon of ketchup contains about 160 mg. of salt and the average American consumes 3,400 mg of salt a day, about 1,000 more than recommended by the American Heart Association. For people on a low salt diet, the extra salt might be a concern. One option is to use the more expensive potassium chloride to recharge the brine tank. Another approach is to have the plumber bypass the water softener for the faucet you use for drinking water. This can also address taste issues if you prefer the taste of the hard water, as some do. The only way to remove the salt altogether is to use a reverse-osmosis system downstream from the water softener. These are expensive to install and operate, so they are only worth considering if you have badly polluted water that is difficult to clean any other way. The resulting water is similar to distilled water, with very little mineral content not a water taste everyone likes. That's why so many people buy spring water rather than distilled water for drinking. Steve Bliss, BuildingAdvisor.com

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