

# ICE PLUNGE TUB



## Instruction Manual

Read this instruction manual carefully before use and keep for future reference.



## Safety Warnings

- WARNING: children should not use tub.
- WARNING: people with infectious diseases should not use tub.
- WARNING: to avoid injury, exercise care when entering or exiting the tub.
- WARNING: do not use drugs or alcohol before or during the use of tub to avoid unconsciousness and possible drowning.
- WARNING: pregnant or possibly pregnant women should consult a physician before using tub.
- WARNING: water temperature in excess of 38°C (100°F) may be injurious to your health.
- WARNING: before entering the tub, measure the water temperature with an accurate thermometer.
- WARNING: prolonged immersion in tub may be injurious to your health.
- WARNING: do not permit electric appliances (such as light, telephone, radio, television, etc.) within 1.5 meters (5 feet) of this tub.
- CAUTION: maintain water chemistry in accordance with manufacturer's instructions.
- WARNING: the use of alcohol or drugs can greatly increase the risk of fatal hypothermia in tubs.

## **CAUTION: PLEASE READ CAREFULLY BEFORE USE**

1. Consult Your Doctor: If you have any pre-existing health conditions such as heart disease, high blood pressure, respiratory issues, diabetes, or are pregnant, consult your doctor before using the ice plunge tub.
2. Heart Risks: Sudden exposure to cold water can place stress on the heart. Individuals with cardiovascular conditions should use extreme caution and consider avoiding use.
3. Hypothermia Risk: Prolonged exposure to cold water can lead to hypothermia. Limit your time in the plunge tub to short durations (typically 1-2 minutes) and be aware of symptoms like uncontrollable shivering, confusion, slurred speech, and drowsiness.
4. Frostbite Risk: Prolonged exposure to extreme cold can cause frostbite. Ensure to monitor extremities such as fingers and toes, and exit the tub if you experience numbness or pain.
5. Breathing Difficulties: Cold water immersion can cause an involuntary gasp reflex and hyperventilation. Enter the tub slowly to acclimate your body and control your breathing.
6. Dizziness and Fainting: Rapid changes in body temperature can cause dizziness or fainting. Exit the tub immediately if you feel lightheaded or weak.
7. Supervision Recommended: Always use the ice plunge tub under supervision. Do not use the tub alone in case of emergencies.
8. Alcohol and Drug Use: Do not use the plunge tub if you are under the influence of alcohol or drugs, as these substances can impair your judgment and increase the risk of adverse effects.
9. Children: Children should only use the ice plunge tub while under supervision and with extra caution due to increased sensitivity to cold and potential health risks.
10. Pre and Post Use: Warm up your body before entering the plunge tub and ensure you warm up gradually after exiting to prevent shock to your system.

**Disclaimer: This information is not intended as medical advice. Please consult with a healthcare professional for personalized guidance. Use the ice plunge tub at your own risk.**

## **Cold Water Therapy and Finding the Right Temperature**

The benefits of cold-water therapy begin at a steady temperature of 15 degrees. Please note that the introduction of ice into the tub is not necessary unless you wish to reduce the temperature further. In many cases, cold tap water and a suitable cold outdoor environment may be sufficient on its own.

Cold water therapy works best with the right combination of time and temperature. For example, we recommend staying in 10°C water for no more than 10 minutes.

### **Temperature to time examples**

1°C = 1 minute submersion

3°C = 3 minutes submersion

5°C = 5 minutes submersion

10°C = 10 minutes submersion

### **Techniques**

Try to move as little as possible and concentrate on your breathing, taking care not to hyperventilate. Take large breaths and exhale purposefully to control your breathing.

## What's Inside the Box



1. Protective cover

2. Thermo lid

3. Ice bath with pre-installed valve

4. 6\* Support legs

5. Hand pump

6. Drain hose

7. Transparent puncture

repair patches

8. Valve

9. Cushion

## Assembly

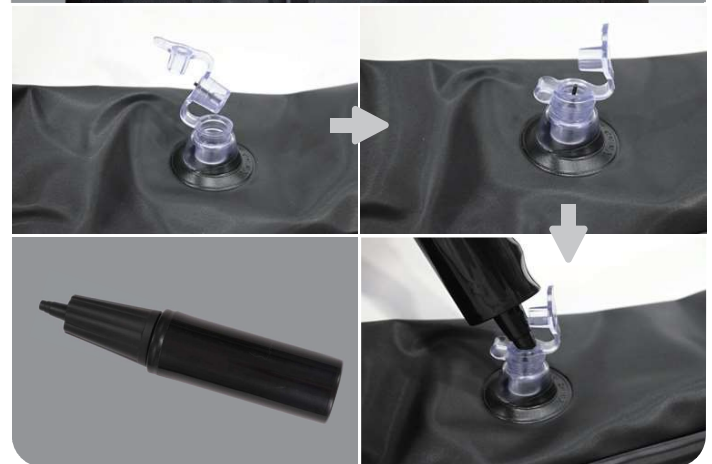
1. Insert 1 preassembled support leg into each of the 6 holes around the base of the ice bath.



2. Using the supplied pump, inflate the top ring.



3. Before pumping, make sure the one-way valve is plugged into the deflation opening. Once fully inflated, seal the one-way valve with the safety cap.



4. In the bottom of the ice bath, ensure the drain valve is sealed tightly before filling with water.



## **Caring for your Ice Bath**

Before you use the ice bath for the first time, we recommend you give it a wash with warm soapy water, rinse and wipe dry with a soft, clean cloth. Do not use any abrasive cleaners or high-powered hoses to clean your ice bath. Before filling the ice bath, ensure the drain tap is turned to the closed position to prevent water from leaking out. When you're ready to drain the ice bath, use the easy-to-use drain tap and hose to empty into a nearby sink or drain. Carefully turn the tap to the open position; do not force it. Once it is empty, turn the tap to the closed position to prepare for its next use. We recommend draining, cleaning with warm soapy water (as above), and drying your ice bath every two weeks to help prolong its life. Store the ice bath in a cool and dry environment away from sharp objects, extreme temperatures, and direct sunlight.

## **WARRANTY AGAINST DEFECTS**

You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

We will repair or replace such defective goods for up to 1 year from the date of purchase. This warranty is against defects in the goods purchased and does not cover damage caused by the incorrect use or installation of the goods or by modifications or accidents. To claim under the warranty, you must return the product to the place of purchase (at your expense) with a valid receipt or other proof of purchase.