



 **CHILL  
SPRINGS**





# BENEFITS OF A COLD PLUNGE

**1. Improved circulation:** Coldwater plunging causes vasoconstriction, which is the narrowing of blood vessels. When you expose your body to cold water, your blood vessels constrict, and when you come out of the cold water, they dilate, leading to improved circulation throughout the body. This can help improve cardiovascular health and overall blood flow.

**2. Enhanced immune system:** Coldwater plunging has been shown to have a positive effect on the immune system. Cold exposure stimulates the production of white blood cells, which are essential for fighting off infections and diseases. Regular coldwater plunges can strengthen your immune system and make you less susceptible to illnesses.

**3. Increased energy and alertness:** Immersing yourself in cold water can activate your sympathetic nervous system, also known as the "fight or flight" response. This response releases adrenaline and increases oxygen intake, which can boost your energy levels and make you more alert and focused.

**4. Faster muscle recovery:** Coldwater plunging is commonly used by athletes to aid in muscle recovery. The cold water helps reduce inflammation and muscle soreness by constricting blood vessels and decreasing swelling. This allows for faster recovery after intense physical activity.

**5. Mental and emotional well-being:** Coldwater plunging can have a positive impact on mental health. The shock of cold water triggers the release of endorphins, which are natural mood enhancers. It can also help reduce stress and anxiety levels, improve sleep quality, and promote a sense of well-being.

**6. Skin and hair health:** Coldwater plunges can be beneficial for your skin and hair. Cold water helps tighten the pores, making the skin look smoother and reducing the appearance of acne and blemishes. It can also promote healthier hair by closing the hair cuticles and making the hair shinier and less prone to breakage.

**7. Increased tolerance to cold:** Regular coldwater plunging can help improve your body's ability to tolerate cold temperatures. Over time, you may find that you are more resistant to cold weather and have a higher tolerance for cold water, making you less likely to feel discomfort in chilly environments.

**8. Enhanced mental resilience:** Coldwater plunging can train your mind to embrace discomfort and build mental resilience. Facing the shock of cold water can help you develop a stronger mindset, improve your ability to handle stressful situations, and increase your overall mental toughness.



**Unlock your potential.  
Break through mental barriers.  
Feel invigorated.**

**A cold water tub will change your outlook on life and allow you to break through your own boundaries and make you feel you can take on the world.**

A cold tub is a recovery technique used by athletes and individuals looking to reduce muscle soreness and inflammation after physical activity. Some potential benefits of taking an ice tub include:

### **Reducing muscle soreness**

Cold water immersion can help reduce muscle soreness by constricting blood vessels and reducing inflammation.

### **Improving recovery time**

By reducing muscle soreness, a cold tub may also help athletes recover faster and be ready for their next workout or competition.

### **Decreasing inflammation**

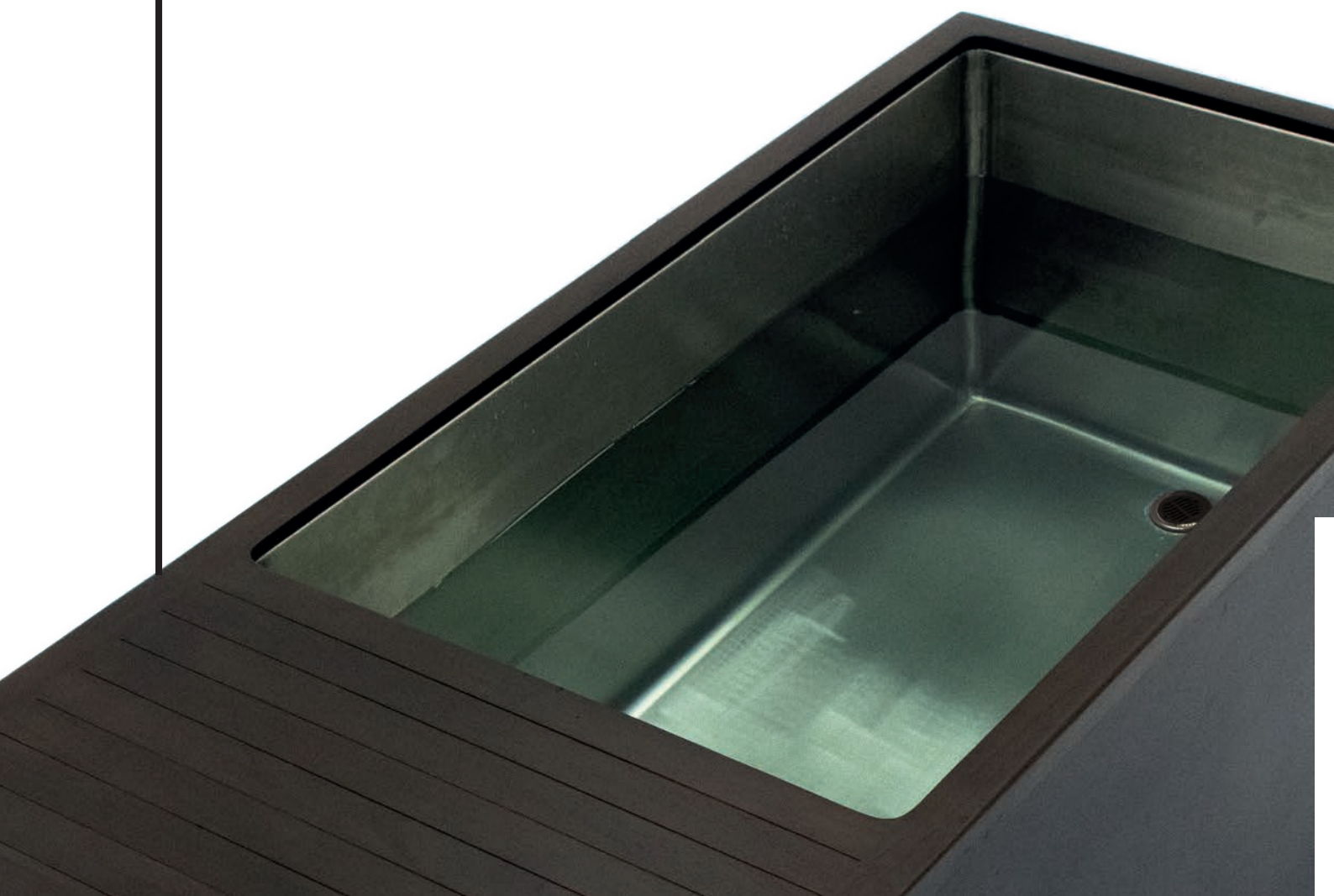
Cold water immersion may help reduce inflammation in the body, which can be beneficial for individuals with chronic inflammation or inflammatory conditions such as arthritis.

### **Improving circulation**

Cold water immersion can stimulate blood flow and improve circulation, which may help with recovery and reduce the risk of injury.

It's important to note that cold tubs are not suitable for everyone and can be uncomfortable or even dangerous for some individuals. It's always best to consult with a healthcare professional before starting any new recovery routine.

**Start your cold journey with a cold water therapy tub.**



# PREMIUM MATERIALS



Stainless Steel



Teak Top



Black Aluminum Surround



Ozone and Filtration systems



# ICE TUB SPECIFICATIONS

## Power Supply

15Amp  
110V

## Materials

Stainless  
Steel 304,  
Aluminium, Teak

## Dry Weight

275lbs

## Water Capacity

106 Gallons

## Temperature

Settings as low  
as 37° degrees F

## Draining

Hose Pipe  
connection

## Antifreeze function

Prevents the formation  
of ice or frost

## Ozone + Filtration

Built in ozone and  
filter system  
for clear water

## Cover Included

Insulated for reduced  
running costs



## Dimensions

1 29in

2 30in

3 71in

4 47in

2



# HOW TO SET UP YOUR ICE TUB

If you can't wait to try your new Chill Springs Tub then please follow these simple instructions to get started.

We do recommend that you read the full manual though in particular the safety information before you use.



## 1

To fill the tub, simply put a garden hose into it. The tub will be completely filled in approximately 15-30 minutes, depending on water pressure



## 2

Open the air bleed screw to exhaust air from the filter and pump housing. See page 14 for more information



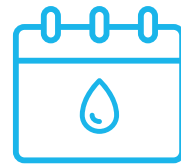
## 3

Plug in your tub to a 13amp plug socket and set the desired temperature on the control panel



## 4

Within a few hours you will be able to start enjoying your new Chill Tub cold water therapy



## 5

We strongly suggest you empty your water every 8-12 weeks and repeat these first three steps



# COLD WATER THERAPY

**A cold tub is a therapeutic treatment that can provide a range of health benefits.**

Some of the benefits of an ice tub include:



**Reducing muscle soreness**



**Improving recovery time**



**Decreasing inflammation**



**Improving circulation**





## Norepinephrine Boost

Cold exposure can significantly increase the production of norepinephrine in the body, with a consistent increase of 200-300% that does not diminish over time. The colder the temperature, the more pronounced the body's response to the increase in norepinephrine production. In fact, a 20-30 second immersion in near freezing water can elicit the same level of increase as a 6 hour walk in 16°C weather.

## Protein Power

Cold exposure can stimulate the production of a protein called PGC-1 alpha, which can increase metabolism at a cellular level. PGC-1 alpha is being targeted by pharmaceutical companies in the development of treatments for obesity, diabetes, and cardiomyopathy. In muscle tissue, the increased energy released from the production of PGC-1alpha can improve aerobic capacity and endurance, as well as increase resistance to fatigue.



### Increased Killer T Cells

Cold water immersion, particularly in the winter, can challenge the immune system and the way hormones communicate with the body. Studies have shown that regular winter swimmers experience adaptive reactions, including an increase in the production of the antioxidant glutathione. Just a few cold water sessions over a 6 week period can increase the number of lymphocytes, a type of immune cell. Some research has even found that males exposed to 39°F for 30 minutes had an increased number of “killer T cells,” which are cells that help to eliminate viruses. These findings suggest that cold water immersion may have immune-boosting effects on the body.

### Immune Boost

There is widespread anecdotal evidence that suggests that cold water immersion can boost the immune system. Many people report feeling healthier and less prone to illness after regularly using a cold tub. While the immune system is complex and difficult to study, it is believed that the cold can help to adapt and harden the body to disease and infection. Despite the lack of robust scientific studies on this topic, many people believe in the immune-boosting benefits of cold water immersion.





**Maintaining your cold tub keeps it clean and hygienic, while also protecting it from damage. If you want to keep it clean, you should combine both prevention and treatment to protect it.**

### **Filter Change**

The filter should be replaced every three months

### **Filter Clean**

Clean the filter once a month

### **Cleaning the Ice tub**

We recommend cleaning the cold tub with soapy water or hot tub surface cleaner. We do not recommend household cleaning products





**Our cold water tubs warranty provides coverage for defects in workmanship and defects or malfunctions that arise during normal use conditions for a period of 2 years from the date of delivery.**

This warranty applies only to non-commercial, residential use of the cold tub and plunges and only to the original purchaser or original owner if the product was purchased as a gift. The warranty does not cover damage resulting from the addition of chemicals to the water, neglected filter care and replacement, power outages, low water flow, restricted air flow, or any other form of neglect, misuse, or abuse. There may be other exclusions to this warranty, as described in the Limited Warranty. It is important to carefully read and understand the terms of the Limited Warranty in order to fully understand the coverage provided.

**EMBRACE  
THE COLD**