

coldture

Cold Plunge/Ice Bath Water Chiller



The Cold Plunge/Ice Bath Water Chiller is perfect for anyone looking for a clean & consistent at-home cold tub experience. This powerful compact cooling unit can chill the water to 3 degrees Celsius (37F), for those looking for a deep chill. Plus, with its Wi-Fi control and digital display, you can easily customize your bathing experience. The Chiller is built with industrial-grade components, making it tough enough to handle even the most rigorous use. Get setup in minutes with a plug and play design.



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Features

- Cools the Water Down to 3 Celsius (37F)
- Heats the Water Up to 40 Celsius (105F)
- Features Advanced Step Filtration
- Portable - All-in-one Contained Unit
- Plug and Play - Self-priming Circulation Pump
- WiFi-enabled Temperature Control System
- Indoor and Outdoor use (-10C/14F)
- Safety Shutoff
- Industrial-grade Components
- One Year Standard Warranty





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FAQ's

What is cold therapy?

Cold therapy involves immersing the body in cold or ice water to stimulate health benefits and treat health conditions. The premise being that cold water eases pain by causing blood vessels to constrict and reducing blood flow to the area (which is the reason ice reduces swelling and inflammation). Forms of cold therapy include ice baths, cold showers, cold water immersion, cold pools or cryo-chambers.

Leisurecraft and Coldture use ice baths as, based on studies and research, we believe they offer superior benefits.

When and how often should I use an ice bath?

That depends on your performance goals. If you're looking to improve your endurance, you want to cool before, during or after. Whereas if you are looking to build strength, it's ideal to wait 4hrs after training to get the body to respond to the stimuli. If you're just looking for the overall general physical and mental health benefits, soak in an ice bath post training. There have been studies done that as little as 11 minutes total during the week broken down in 2-3 days has a significant response in activating your metabolism.

What is the optimal ice bath temperature?

There is some debate but leading experts recommend anywhere between 8-15 degrees Celsius/46.4-59 degrees Fahrenheit for anywhere from as little as 2-20 minutes. It's best to start with a higher temperature/shorter time and give yourself the goal of adjusting the variable to challenge yourself as you become accustomed to using ice baths as a recovery or resilience training. Advanced ice bathers sometimes go as low as 3 degrees Celsius/37.4 degrees Fahrenheit. (Which is why our ice baths chill that low!)





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What makes an ice bath superior to a cold shower or cryo-chamber?

Whilst cold showers are a great start to your cold therapy journey, ice baths are the best way to unlock the ultimate benefits. Ice baths create a more intense and effective experience by causing all your skin's receptors to fire in unison. This intensity triggers a "protection response" from your body which releases feel-good hormones and lowers cortisol. Furthermore, the hydrostatic pressure helps your body conduct heat transfers more efficiently than a shower or cryochamber, given the water density. Studies (<https://link.springer.com/article/10.1007/s40279-022-01644-9>) have shown that cold water immersion is the most beneficial cold therapy medium when it comes to exercise recovery.

How long should I soak in an ice bath for?

This is a very personal question and varies from person to person - depending on the temperature and how long you've been including cold therapy as part of your daily routine anywhere from 2-20 minutes. The experience should be cold enough to make you want to get out but safe enough to do so. You can start at higher temperature (ie. 8c) then adjust duration as you build resilience; once you master that temperature lower as you see fit.

Are ice baths just for athletes?

No! Ice baths have an array of physical and mental health benefits for anyone wanting to feel and operate at their best. Many people use ice baths for resilience training; that allows them to overcome stressful situations in their daily lives in a controlled way. High performers such as Tony Robbins use ice baths daily to stimulate their body and mind and help them achieve their work, life and exercise goals. In fact it's one of the strongest controlled stimuli for activating noradrenaline and dopamine, that's why you feel great and want to do it again!





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How do I get the water cold?

You don't – The Cold Plunge Chiller will do it for you, creating a consistent ice-cold temperature. Our products are designed for ice too, if that's what you prefer.

How do I clean it?

Depending on usage, every 1-2 weeks inspect the filter by taking it out of the housing and using a garden hose with a higher-pressure nozzle to rinse the filter. Every 1-3 months the water filter cartridge should be changed depending on your daily or moderate use. For optimal performance replace the 20-micron filter 1 a month. You should change the water periodically according to the usage and water clarity. You can connect a garden hose to the chiller outtake hose that pushes cold water into the tub; but instead direct the old water to the nearest drain. Using water stabilizers or epsom salts will help extend the clarity of the water. How often you clean the bath depends on the usage and environment - daily used tubs need more attention.

Can I use it outside?

Both the tub and chiller can be used outside in up to -10C/14F weather. In temperatures approaching below freezing low heating mode is activated and keeps the water from freezing. We recommend providing some shelter from direct rain to extend the chiller housing lifetime. Be cautious when operating in heavy rain as to maintain a dry plug and socket connection. The GFCI cord will protect the unit from any short circuiting but be sure that the socket is connected to ground. (Do not submerge in water - keep unit away from storm water run off)





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Warranty

Coldture offers a standard one-year warranty on all supplied chillers. We will repair or replace your product should it become defective within one year of the purchase date. Standard manufacturing defects are covered - misuse or wear & tear is not covered. Our support team is on standby to help you through any issues you may have during or after your warranty period.

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Purchaser Name: _____ Date: _____

Purchased From: _____



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