



# Cold Plunge Tub

## Owner's Manual



# IMPORTANT SAFETY INSTRUCTIONS

**DANGER:** Indicates a hazardous situation that, if not avoided, will result in death or serious injury.

**WARNING:** Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

**CAUTION:** Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

**NOTICE:** Indicates information considered important, but not hazard-related.



**IMPROPER ASSEMBLY AND OPERATION CAN RESULT IN SEVERE PERSONAL INJURY AS WELL AS PRODUCT FAILURE NOT COVERED BY WARRANTY. PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY OR CONTACT TECHNICAL SUPPORT FOR ASSISTANCE**



**FOLLOW SAFETY INFORMATION IN THIS DOCUMENT TO AVOID SERIOUS INJURY OR DEATH**



**REFER TO YOUR LOCAL BUILDING CODES FOR ANY SPECIFIC INSTALLATION REQUIREMENTS**



**KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE**

## **WARNING**

- Consult your doctor about any health-related limitations related to cold plunge use. Ignoring advice from your medical provider could cause serious injury or death.
- Do not let people with pre-existing health conditions use the cold plunge on their own. Using the cold plunge could cause these users to lose consciousness, leading to serious injury or death.
- Parents should consult your pediatrician before allowing children to use the cold plunge. Ignoring advice from your medical provider could cause serious injury or death.
- Please do not leave children unsupervised around the tub. Extreme caution must be exercised to prevent unauthorized access by children. Always lock the tub with the included cover and locking clasps when not in use.
- Never operate any electrical appliance when in the tub or when your body is wet. Do not place any electric appliances, such as lights, telephones, radios, or televisions within 5 feet of the tub. This could lead to electrocution or death.
- The use of alcohol, drugs, or medication before or during the cold plunge may lead to loss of consciousness with the possibility of drowning and death.
- Persons using medication should consult a physician before using a tub since some medication may induce drowsiness while other medication may affect heart rate, blood pressure, and circulation.
- Prolonged immersion in water below 70°F (21°C) can pose a risk of hypothermia. Please note that the core body temperature can continue to drop even after emerging from the cold plunge tub. Hypothermia can lead to serious injury or death.
- Always enter the cold plunge tub feet first and breathe continuously in a steady, structured rhythm. Do not attempt to hyperventilate or hold your breath while immersed in the tub.
- Exit the tub immediately if there are any feelings of weakness, exhaustion, or being unable to control your fingers, hands, arms, and legs.

## ⚠ CAUTION

- Be very careful when getting in and out of the cold plunge. The water in the tub causes surfaces to be slippery. This could cause the user to slip and fall.
- Do not alter the cold plunge in any way, unless explicitly instructed in this manual. Altering the cold plunge could lead to structural damage, increasing the risk to bodily harm.
- When moving and lifting heavy pieces, use two or more people. Moving pieces without adequate manpower will lead to injury.
- Pets should be kept away from tub to avoid damage and injury.
- Do not operate tools or heavy machinery or attempt to drive immediately after completing a cold plunge.

## INTRODUCTION

Thank you for purchasing your Harvia Cold Plunge Tub! We hope you will enjoy your tub for many years to come!

To ensure your personal safety during installation and to get the most out of your investment, please read this entire manual before beginning the installation process.

Please note that this manual is for the Plunge Tub only. The User's Manual for the chiller is separate and will be included with the chiller.

## PRODUCT DIMENSIONS



Round Tub w/Plastic Insert – 187 lbs  
Round Tub w/Metal Insert – 220 lbs

## Installation

### **DANGER**

- **Do not overfill cold plunge or splash water where electrical devices or outlets are nearby. This could lead to electrocution.**

### **CAUTION**

- **Ensure surface on which the cold plunge will be placed is sturdy and level. If the foundation is not, the cold plunge could shift or fall leading to product damage or injury to the user.**

#### 1.1 Installation Site Requirements

- Place the tub on a flat, stable surface that can bear the full weight of the tub when filled with water and a person inside.
- Please ensure that there is water drainage available around the tub.

#### Important Tips:

The cold plunge foundation should be smooth and flat, and there should be no sharp objects. Users should also consider the total weight of the user, tub, and water to ensure that the foundation has sufficient strength to support it. Make sure there is a good water drainage system close to the installation area. If the tub is installed in a place that does not meet the safety requirements, then any loss caused will not be covered by the warranty due to improper use by the consumer.

#### 1) Indoor Installation:

Some special requirements for indoor installation that need attention:

- During the filling and draining of water, water may spill on the ground. We strongly suggest that the tub only be installed near floor drains and on moisture-proof surfaces.
- There should be no items nor appliances that are easily affected or damaged by moisture or water in the immediate area around the tub. To ensure air quality and user comfort, the tub must be installed in a well-ventilated environment.
- If fittings for tub or chill unit are not adequately tightened during set up, they may leak water into the surrounding area. This needs to be considered when choosing a location.
- Depending on temperature and humidity, the cords on the chiller may perspire. This could cause condensation to drop onto the foundation the tub/chiller are placed on.

Note: Do not install the tub on carpets or other surfaces that are easily damaged by water.

#### 2) Outdoor Installation:

- The foundation where tub is placed must be smooth and flat with no sharp objects such as branches and stones nearby.

- Do not expose the tub to direct sunlight for prolonged periods of time. This will shorten the service life of tub. We recommend covering the tub or placing it in a shaded area when not in use.
- There should be a good water drainage system near the tub.
- Do not operate the chill function on the chiller if the ambient temperature is below freezing. You may operate the chiller on heat function to bring the water up to 37°F.

## 1.2 Insert the Strainer

Included with your tub are strainers that insert into the inlet and outlet holes. Push them into the holes on the inside of the tub. These strainers prevent any debris that may be in the tub, from going into the chiller and causing damage.

## 1.3 Fill the Tub With Water

Fill the tub with water using a water hose until there is sufficient water to be able to submerge your entire upper body under water. Leave enough room for your head to be fully above the water line. In most cases this would be at about 70% of the plunge tub.

Note: Overfilling the plunge tub will result in water spilling out and over the sides of the tub when you enter. Please be mindful of any electronics, power cords, outlets, etc around the plunge tub. We highly recommend starting with less water and then adding more as needed to submerge your entire upper body.

## 1.4 Covering the Tub

Whenever the tub is not in use, use the supplied cover to keep out dirt and debris. Adjust the straps so the cover has a snug fit to the top of the tub. Use the supplied key to lock the clasps when tub is full of water, but not actively being used. Pictures below show the orientations, remove the key once lock is in desired position.



Unlocked



Locked

## Tub Maintenance

### 2.1 Water Maintenance

We recommend keeping the PH value of the water in the tub between 6.5 and 8.5. A PH value outside of this range can shorten the service life of the tub and cause irritation or damage to your skin. Any damage to the tub caused by too high or low PH value will not be covered by the manufacturer's warranty. We suggest using PH test paper to routinely test the water quality before using it.

### 2.2 Water Treatment

It is important to keep the water in the tub clean. The chiller does come with a built-in particle filter and ozonator to keep the water in the tub clean. Please see the User's Manual for usage instructions. If you are not using an external filter and water cleaner, then we suggest the following:

- Cover the tub whenever it's not in use to prevent debris or other particles from falling in.
- Replace the water in the tub every 3 days and then clean the tub with a clean cloth.
- The tub can be treated and disinfected with suitable pool chemicals such as bromine. Be sure to follow instructions on the packaging of the cleaning agents. Please consult a pool supply store for additional details before use.

Before using pool chemicals, please consult your local pool supply store for additional maintenance information. Pay close attention to and follow the chemical manufacturer's instructions. Improper use of pool cleaning chemicals resulting in damage to the pool or causing injury will not be covered by the manufacturer or the manufacturer's warranty.

We recommend that you use bromine reagents after each use of the tub. You can use a chemical floater, or directly spread a bromine powder or liquid into the water. Always add the pool chemical to the water and never add pool chemicals to an empty tub.

Warning: Let any chemical agents fully dissolve and mix into the water before using the tub. Do not exceed the manufacturer's recommended usage of chemicals in the tub. We do not recommend using harsher chemicals such as chlorine in the tub.

### 2.3 Cleaning the Tub

Dirt from the body and clothes, and contaminants in the water can easily adhere to the surface of tub. It is necessary to frequently wipe down the surface of tub with a soft cloth and a neutral detergent. A fine, soft brush can be used to gently scrub the water inlet and outlet to prevent scaling and calcification to form around the water inlet and outlet.

Note: Do not use hard bristle brushes to clean the surface of the tub.

### 2.4 Tub Storage

Proper care and storage will prolong the service life of the tub. Before storing the tub, completely drain all water from the tub and wipe it down clean with a soft cotton cloth or towel. It is recommended to store it in a cool dry place.

Note: Do not store the tub in an environment below zero degrees Celsius or under direct sunlight for extended periods of time. The tub shell will fade or become brittle and shorten the overall life of the tub. Damage caused by improper storage or care will not be covered by the manufacturer's warranty.

## Warranty

Harvia warrants that the Cold Plunge Tub, purchased from an authorized agent and in its undamaged original packaging, is free from defects in materials and workmanship. Harvia or its agent will, at their discretion, repair or replace parts that become defective within the warranty period, subject to the specific conditions below.

### Stainless Steel Shell & Insert – 3 Year Limited Warranty

Harvia will repair or replace the stainless steel shell or insert should it fail due to any defect in materials or workmanship within 3 years of the original purchase. Warranty does not apply to coating.

### Polycarbonate Insert – 1 Year Limited Warranty

Harvia will repair or replace the polycarbonate insert should it fail due to any defect in materials or workmanship within 1 year of the original purchase.

### Wooden Shell & Trim – 1 Year Limited Warranty

Harvia will repair or replace the wooden shell or trim should it fail due to any defect in materials or workmanship within 1 year of the original purchase.

### All Other Components – 1 Year Limited Warranty

Harvia will repair or replace any component should it fail due to any defect in materials or workmanship within 1 year of the original purchase.

## **General Exclusions**

- Damage to the finish of any part of the tub
- Fading or discoloration from UV exposure
- Damage from storage in below freezing temperatures
- Damage due to neglect, abuse, incorrect assembly or use of the tub
- Damage due to corrosion or discoloration from lack of water maintenance
- Any charges for freight or customs clearance associated with the return or dispatch of parts
- Any damage to or loss of goods during transport of any kind
- Any labor cost associated with a warranty claim

## **General Conditions**

- Original proof of purchase must be correctly registered with Harvia or one of its appointed distributors
- Harvia reserves the right to examine any part where replacement is claimed under warranty
- Warranty period applies only to the original purchaser from the date of purchase and is not transferable

- The product must be returned to your place of purchase in original packaging with transportation, insurance and associated charges paid for by you and risk of loss or damage assumed by you
- Harvia makes no other warranties except as stated here and expressly disclaims all warranties not stated in this warranty. Neither Harvia nor its associates shall be responsible for incidental or consequential damages
- Harvia reserve the right to update or modify this warranty as needed.

