



User Guide

A very
cold welcome
to you...

0°

The King of Cold®

Welcome to world's only automated ice bath.

We exist to help you develop a strong and resilient mind and body. This bath has been lovingly crafted so the cold can become your warm friend.

Get ready to experience the cold like never before.



Born in Yorkshire.

Designed for like-minded friends around the globe.



Welcome	3
Safety first	6
Get the app.....	7
Meet your Brass Monkey.....	8
Set up	10
Controls	16
Starting your cold exposure journey.....	18
After a dip	22
Regular care for your bath	24
Troubleshooting & going on holiday.....	38
Support details	39

Safety first



Leave your bath unplugged until the setup is complete and you are instructed to power up.



Your power socket must be earthed and RCD protected. Under no circumstances should you ever use an adaptor or extension lead.



Please note: The inline RCD is there as an additional level of protection. Primary protection should be within your home's electrical circuit.



Only use this product if you feel well and physically capable. Consult your doctor if you are unsure.



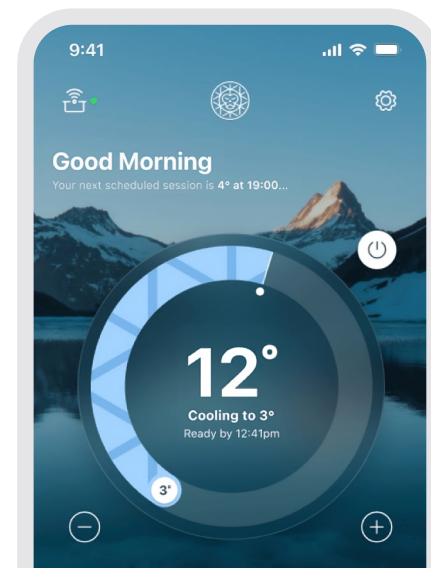
This product is not for children. Always ensure small children are supervised near the bath.

Get the app

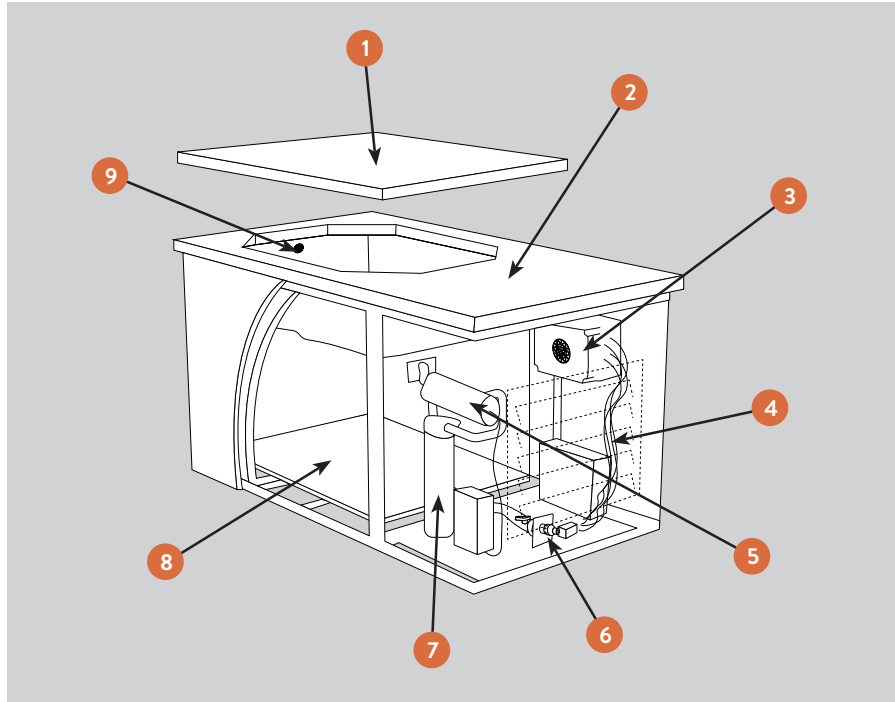
Our companion app is your Brass Monkey's best friend. Once paired to the app and connected to your wifi, your bath gets even smarter:

- Control your bath from anywhere
- Set a schedule for convenience and energy efficiency
- Receive automated software updates
- Get enhanced remote support

brassmonkey.co.uk/app



Meet your Brass Monkey



This guide is for our residential Ice Bath, Ice Plunge & Plunge XL. Throughout we'll refer to all these models collectively as your 'bath'.

1	Leatherette Cover	The cover fits snugly into the top of your bath to keep it insulated and clean
2	Compartment Access	Removable top to gain access to the compartment area
3	Control Panel	This panel controls the bath and displays your unique bath ID QR code to pair with the app
4	Removable Vent	This vent is removable to allow another access point to the compartment area
5	UV Filter	This filter uses UV light, able to kill viruses & bacteria
6	Drain Hose Connector	Hose connector for draining your bath
7	Particle Filter Housing	The particle filter removes sediment & microscopic debris
8	Ice Panel	Ice sheets form and release from the bottom of your bath when set under 1 degree
9	Monkey Drishti	A point to help hold your gaze when entering the water

Set up



All the setup steps and videos are on the companion app; we suggest using it for your Brass Monkey setup.

Step one: Check the power socket

Your bath has been individually tested for safety before leaving our workshop. However, we can't account for where the units are plugged in. This is why we ask you invest a few minutes to double-check the safety of the power socket you intend to use to power your Brass Monkey.

It is your responsibility to ensure your ice bath is plugged into a socket with:

- an earthed electrical supply
- 30mA RCD (residual current device) protection

To help, in your starter pack we've included a Smart Socket Tester. Follow the instructions provided with the tester to check your socket is safe.

If the socket is good, continue with setup. If it fails or you are still unsure, speak to an electrician before going any further. Under no circumstances should you ever use an adaptor or extension lead. If you need a power socket closer, speak to an electrician before going any further.

Step two: Check your bath's position

Before commencing setup, check you have your bath in the correct position:



Surface: Your bath is heavy, especially when full of water. It needs to be sat on a hard and flat surface capable of holding 750kg+.



Ventilation: Your bath has vents on 2 sides, these will need to sit 30cm clear of any obstruction to allow the air to flow.



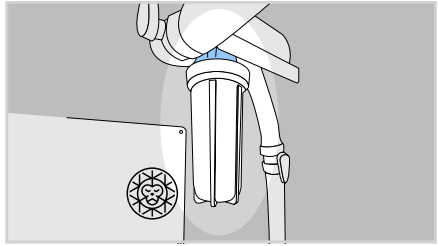
Water: Your bath will need filling with fresh tap water (never fill from a swimming pool or other water source), so make sure your bath is placed in reach of a hose.



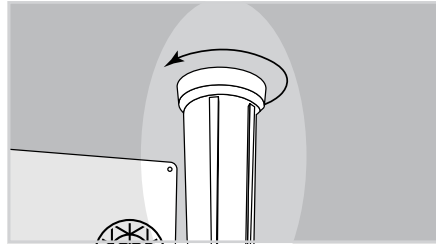
Signal: Your bath comes ready to be connected to your Wifi network. It will need to sit within range of a strong strong 2.4Ghz Wifi signal on a private home network.

Need help? Speak to one of our team support@brassmonkey.co.uk

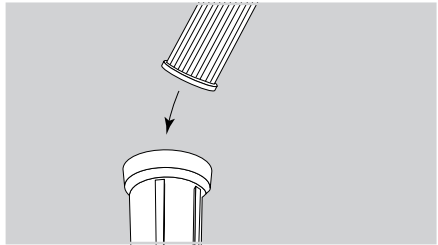
Step three: Install the particle filter



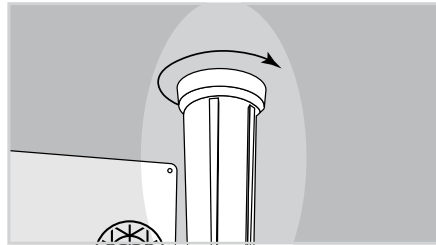
A. Locate the filter housing inside the compartment area (this is a clear plastic housing with blue top).



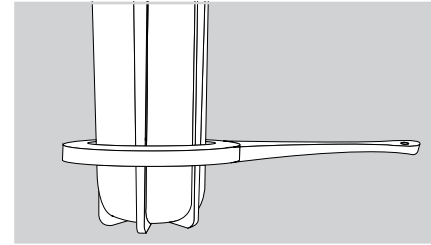
B. Unscrew the clear plastic housing and remove.



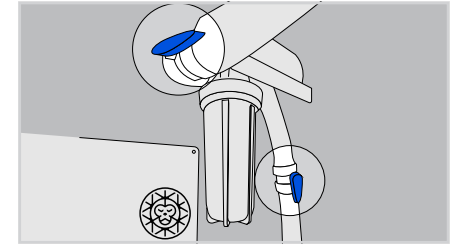
C. Remove the packaging from the filter (supplied in the Starter Pack with your bath) and drop into the housing.



D. Reconnect the housing to the blue top and screw back in by hand, until tight.

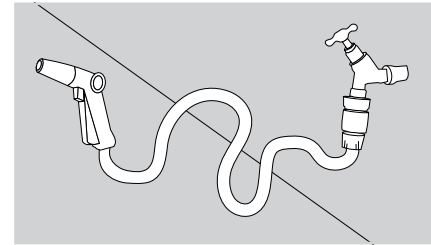


E. Locate the key around the filter housing, giving it a nudge to tighten further. Just like you would with a tap, ensure it's tight without over-tightening.

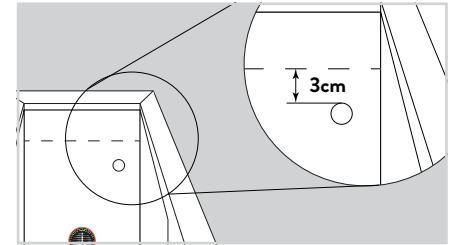


F. Check that the 2 blue isolation valves running to and from the filter housing are set to OPEN (running in line with the pipe).

Step four: Fill your bath

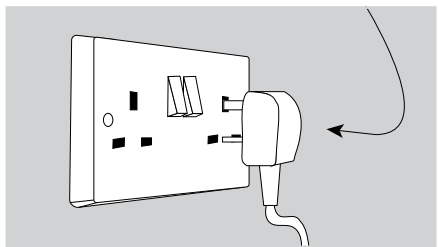


A. You can now use a hose to fill your bath with clean tap water.

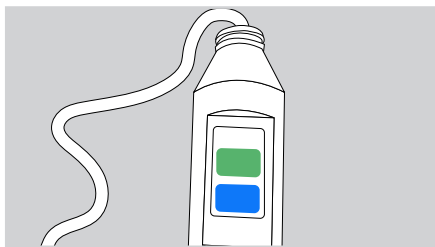


B. Stop at 3cm above the return flow hole. Stopping here allows for some water displacement when you get in.

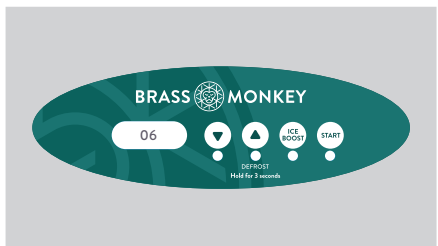
Step five: Power up



A. Plug your bath directly into an RCD protected & earthed socket and turn the power on at the socket.

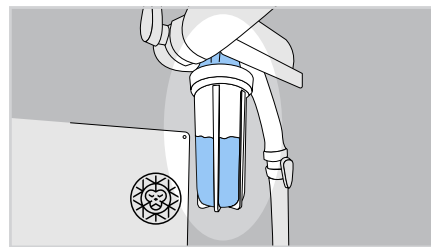


B. Press the green button on the inline RCD protector on the power cable.

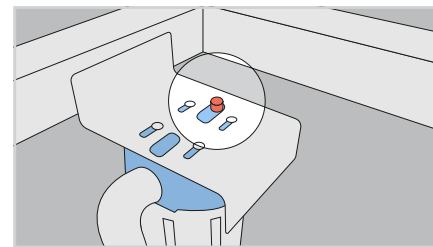


C. Your control panel will now light up and display the current temperature. You'll hear your bath start to pump the water.

Step six: Bleed the filter



A. Check to see the filter housing is filling with water.

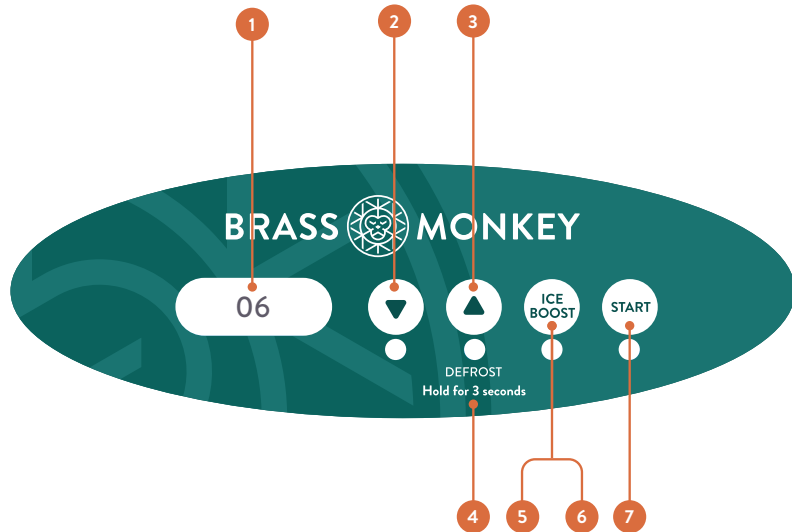


B. Press and hold the red button on top of the filter housing to release any trapped air. Release the button when water begins to flow out.

Your bath is up and running!

It can take up to 24 hours to cool the water down to your target temperature. See bath controls to learn how to set the temperature.

Controls



Many of these controls are also available on the companion app as well as additional features like eco schedules

1	Temp display	10°C is displayed as 100. 1°C is displayed as 10. 0.1°C is displayed as 01.
2	Temp down	The lowest temp setting is 0°C displayed as 00.
3	Temp up	The highest temperature setting is 10°C. Note: the bath will not heat up, if you toggle temp up it will stop cooling and the water will naturally get warmer.
4	Defrost mode	Press and hold the up arrow for 3 seconds to put the bath into a defrost mode for 30 minutes - this will release any ice on the bottom of the bath. Press and hold again to exit defrost mode.
5	Ice boost	Use ICE BOOST when the temperature is set below 0.5°C and the bath idle i.e. not cooling - the bath will then perform 8 additional sheets over approximately 8 hours.
6	Maintenance mode	Press and hold ICE BOOST for 3 seconds to put the bath into a maintenance mode - The light in the bath will flash 3 seconds on 3 seconds off whilst in this mode. From here you can change the filter, the UV bulb and empty the water. Don't forget to exit maintenance mode by pressing and holding ice boost for 3 seconds again.
7	User start mode	This will begin a session in the bath. It switches everything off for a peaceful experience and ensures that any ice on the base of the bath is defrosted. When the light in the bath is solid blue it is safe to get in the bath. If the blue light in the bath is flashing it means a defrost cycle is necessary. This will run for 7-8 minutes and will then revert to solid blue meaning it is now safe to get in the bath.



Starting your journey

Cold exposure can be a part of your journey to build a stronger mind and body consciously and measurably. So, take it slowly.

Cold water therapy is a practice. If it doesn't leave you with a 'wow' feeling then you are probably missing the benefit. Yes, it should be challenging, uncomfortably cold, and it can be kept fun - it's important that it is!

Diving into zero degrees is not a good first step, although this is something you can absolutely work towards, and much faster than you think.

Whenever you push your boundaries, it can be wise to have a buddy in attendance who can be on standby if needed.

Keep it fun

We're not training to summit Everest; it's just cold-water therapy to unlock some health benefits. Smile, keep it playful as there is nothing serious about this if we are safe, although you'll enjoy some serious benefits.

Start in the shower

Build up quickly over a week to 1-2 minutes, you'll be amazed how fast you adapt. The aim in a cold shower is to stay in until your breath is under control. Then aim to stay in until it no longer feels cold, at this point you've nailed the cold shower.

Time

Aim to get cold 4-7 days a week, ideally 7, but no forcing if a day off feels important. Even 4 days per week (every other day) for just a few minutes is going to render adaptation.

Temperature

- Cold baths first (5-10°C). When you can do 3-5 minutes in the shower and feel great with no repercussions (shivering or vascular issues) then get in a cold bath. Cold water is four times stronger than cold air at extracting heat, so start 'warmer' over 5°C. Try a minute or two.
- When you can do 2-3 minutes in a cold bath, and again feel great with no shivering afterwards, try some ice. You'll feel confident because of your progress. The ice bath is no longer a beast of fear, just a teacher that you respect. Lower those temperatures by 2°C whilst reducing the time (the two levers). Try for a 1 minute ice bath, hands out at first if you wish, then increase over time.
- This end-to-end scaling into cold water can be done as fast as feels sensible to you. A week or a month, there's no rush, and no medal at the end.

Read our full guide on using cold water immersion to improve your mental and physical health



Download your copy at brassmonkey.co.uk/dce

After a dip

Warm up as naturally as possible to maximise the metabolic benefits.

No saunas or hot tubs until after 30 minutes. Here you risk your safety and also negate all of the metabolic benefits that you just collected.

Slow is good. You may feel stiff and a little slow. This is totally normal. Take it slowly. The Wim Hof Method encourages use of the simple “horse stance” (Google it) to slowly warm up which is super effective. This moves the cold and warm blood around, circling the warm blood back to the cold limbs. Walking or gentle cycling on a stationary bike will work well too. Many people just sit still and warm up with no movement at all. Again, some interceptive focus is needed here, it’s mind over body.

Double the time that you were in the cold. So, if you were in the water for 2 minutes, your warm-up should be 4 minutes (at least). Don’t rush this, stay in the zone and complete the practice. If you skip the warm-up, you risk warming too quickly and miss out on closing the practice that readies you for next time.

Be conscious of how you feel. Was the practice good? Was it cold enough or too cold? Did you stay long enough or too long? What did you notice over last time? What did you learn? What messages was your body telling you?

Nothing fast. We don’t want blood moving too quickly. Just as a car engine is warmed up slowly, you need to take that approach with warming your body.

No weights! We suggest not to swing weights or lift anything heavy after ice baths. Popularised by some, this is potentially dangerous and here’s why: superficial muscle and nerve cooling caused by ice bath exposure can lead to impeding movement, reducing grip strength and fine motor skills. Even the sense of touch can be significantly impaired for a period of time. It’s one reason why people who get into ice water can accidentally drown. As you adapt to the cold, the risks decline, but even then, swinging weights around is totally unnecessary to warm up naturally.

A caution on ‘after drop’. For ice bath users only, ‘after drop’ can occur if your body detects a warm environment too quickly after the cold. Take 5-10 minutes to warm up wherever you got in the ice bath. After drop is caused when the body senses warmer temperatures and dilates the blood vessels too quickly. This releases the cold peripheral blood back to your heart too quickly and mixing it with warm blood creates a sudden drop in core body temperature. This can lead to a severe shivering 10-15 minutes after the cold exposure, it’s dangerous, and it’s not fun. Staying in the cold water too long has the same outcome. Severe shivering is triggered if the core temperature drops too low. Listen to your body. Ice water is no place to be led by the ego. Your body will tell you (through a huge wave of catecholamines) that it wants out.

A clean Monkey is a happy Monkey

To keep you and your bath healthy, your bath requires some regular care:

WEEKLY

Wipe down

EVERY 4 WEEKS

Change the particle filter

EVERY 3 MONTHS

Change the water

EVERY 6 MONTHS

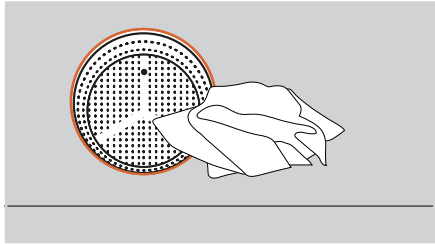
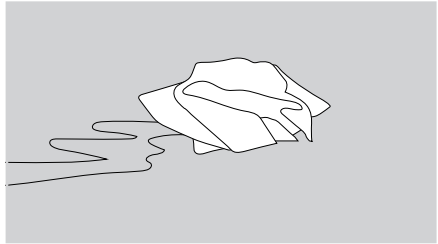
System flush and change the UV bulb



Access videos for these care tasks on the app or online at brassmonkey.co.uk/help

Wipe down

WEEKLY



A. Using a clean cloth wipe down the leatherette cover.

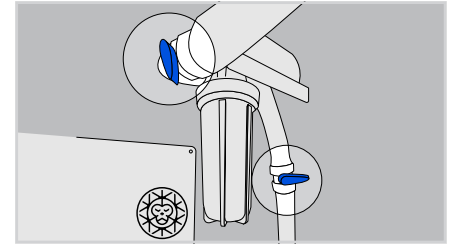
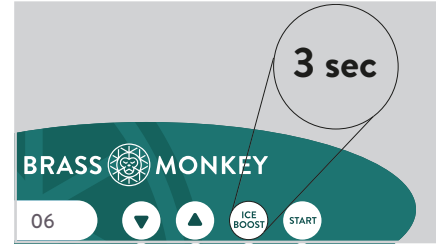
B. Using a clean cloth (or spa vac), reach into the water and catch any debris caught on the pre-filter suction hole or sitting on the bottom of the bath.

This ensures the water can circulate smoothly

N.B. Keep the cover on the bath at all times when not in use

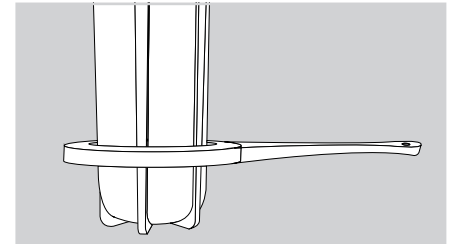
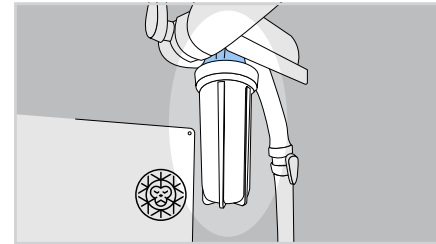
Changing the filter

EVERY 4 WEEKS



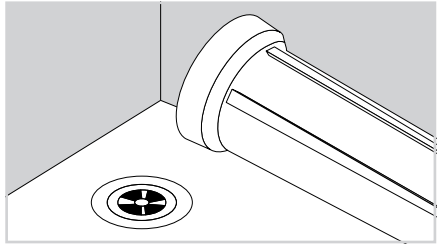
A. Place the bath into maintenance mode to stop the bath pumping water around the system (See bath control guidance).

B. Locate the 2 blue isolation valves running to and from the filter housing and set to CLOSED (set to a 90 degree position with the pipe).

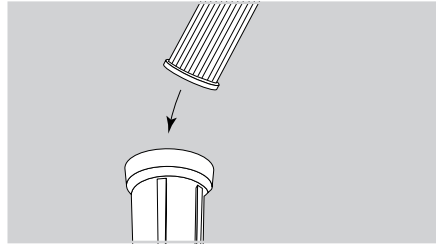


C. Locate the filter housing (this is a clear plastic housing with blue top).

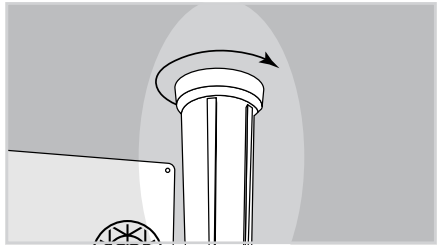
D. Using the filter housing key, untighten the clear plastic housing. Once loose use your hand to fully unscrew.



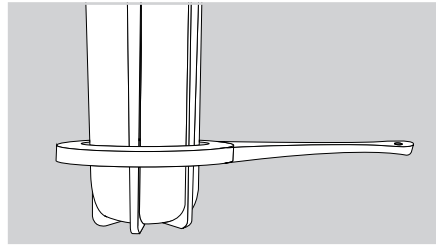
E. The housing will be full of water. Empty the water into a drain and dispose of the filter. (If you are choosing to use a reusable filter, rinse and leave to dry naturally to shrink back into shape).



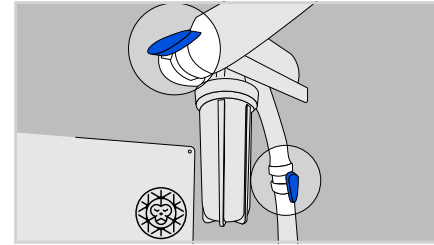
F. Remove the packaging from a new filter and drop into the housing.



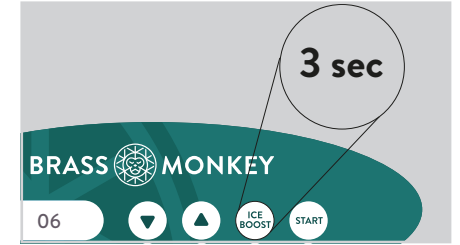
G. Reconnect the housing to the blue top and screw back in by hand, until tight.



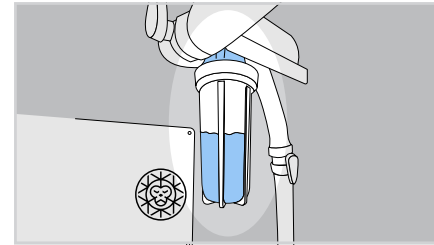
H. Locate the key around the filter housing, giving it a nudge to tighten further. Just like you would with a tap, ensure it's tight without over-tightening.



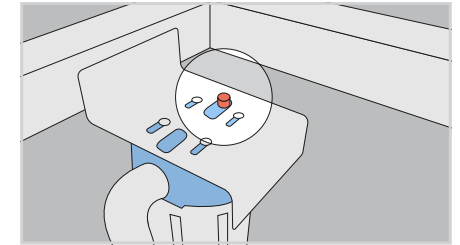
I. Turn the 2 blue isolation valves running to and from the filter housing back to OPEN (running in line with the pipe).



J. Take the bath out of maintenance mode. Water will now start flowing into the filter housing.



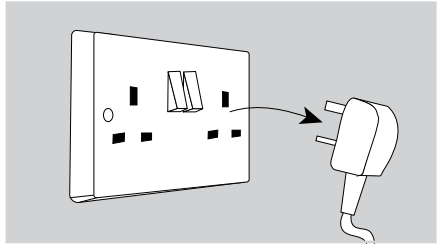
K. Check to see the filter housing is filling with water.



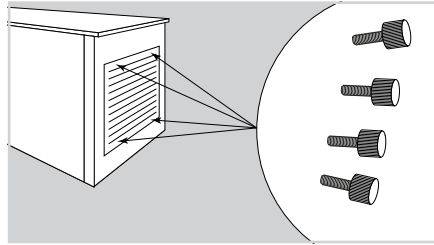
L. Press and hold the red button on top of the filter housing to release any trapped air. Release the button when water begins to flow out.

Changing the water

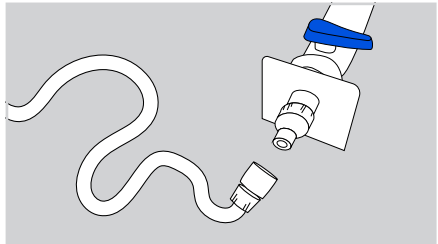
EVERY 3 MONTHS



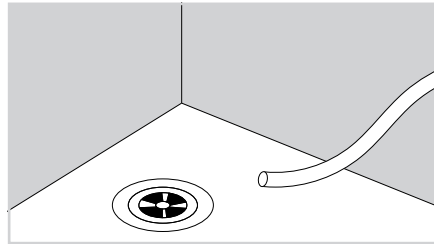
A. Isolate the power supply to the bath by turning off the power at the plug, before emptying the water.



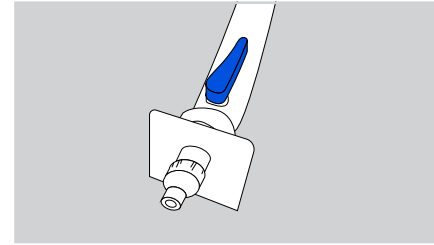
B. Locate the big vent on the end of your bath, turn the screws at each corner to remove. Place away from your bath so as not to scratch it.



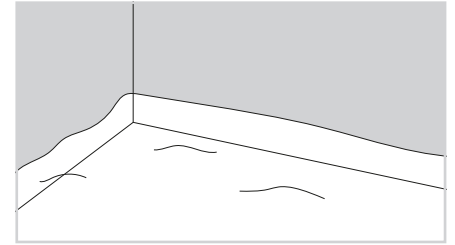
C. Connect a hose to the drain hose connector.



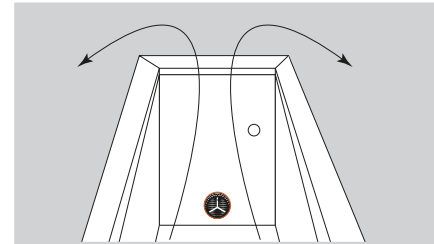
D. Place the other end of the hose to the place you want the water to deposit.



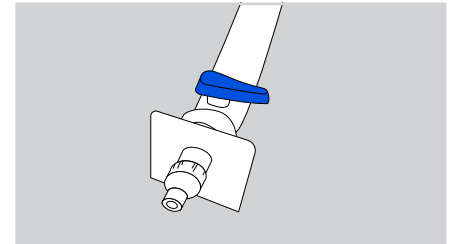
E. Turn the blue isolation valve to OPEN (turn to be in a position sat in line with the pipe).



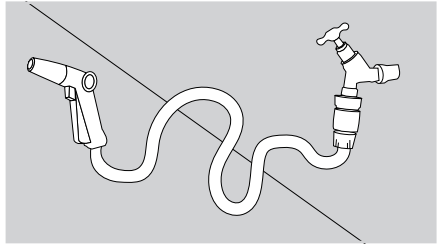
F. Once drained, a few inches will remain in the base. This is fine as this water will be diluted with the fresh water.



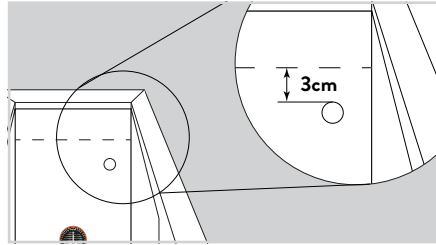
G. However, do remove any debris from the bottom of the bath with a spa vac or wet vac.



H. Once drained, turn the isolation valve back to CLOSED (the position at 90 degrees to the pipe).



I. You can now use a hose to fill your bath with clean tap water.



J. Stop at 3cm above the return flow hole. Stopping here allows for some water displacement when you get in. Turn the power to your bath back on.

System flush

EVERY 6 MONTHS

Every 6 months we recommend a full system flush to remove the build up of bio film and bacteria from the system.

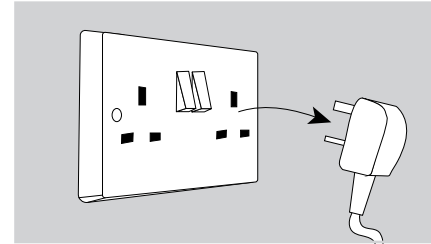
Using an internal system flush (we recommend a product like Lo-Chlor) follow the cleaning product manufacturer's instructions to flush out the whole system.

This typically involves:

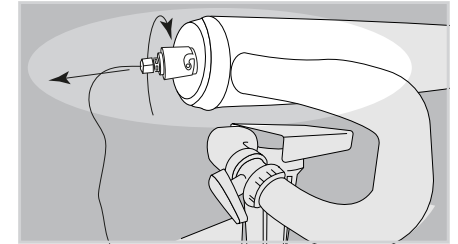
- Filling the bath with chemical cleaning fluid, leaving for 24 hours.
- Draining and refilling your bath multiple times to ensure all cleaning fluids are removed from the system before use.
- Please note. Always follow the cleaning product manufacturer's instructions

Change UV bulb

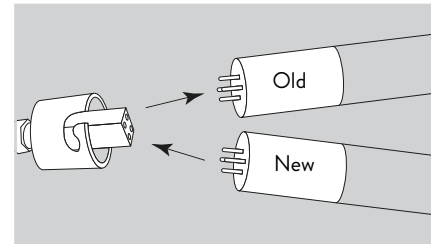
EVERY 6 MONTHS



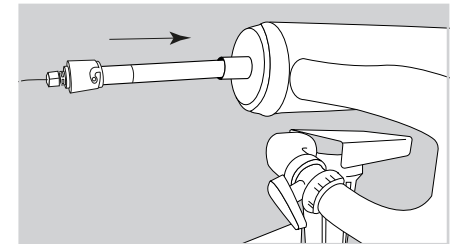
A. Before changing the bulb, isolate the power supply to the bath by turning off the power at the plug.



B. Locate the UV bulb chamber. Turn the chamber cap clockwise until it releases. Pull to remove the cap and bulb.



C. Unplug the old bulb and plug in the new one. Take care not to touch the glass section of the new bulb.



D. Slide the new bulb into the chamber. Push in the cap and rotate it anti-clockwise to lock it in. Turn the power to your bath back on.

Operator responsibility

Brass Monkey Health Ltd declines all liability for damages arising from failure to observe the following directions.

As the owner, it is your responsibility to:

- Ensure the safety of those using the bath and read and observe the health and safety warnings and safety recommendations as set out in this guide.
- Maintain the materials of which the bath is made by following the cleaning procedures in this guide.
- Use the bath according to the recommendations in this guide.
- Ensure a safe electrical connection to the bath; ice baths are 'class 1' appliances and must therefore be permanently connected, without intermediate junctions or extension cables, to the electrical network and to the protection circuit (earthing system) in your home.
- Ensure that the cabling does not present a trip hazard.
- Live electrical components and equipment (except those powered at a very low voltage not exceeding 12V) must be out of reach of individuals using the appliance.
- Ensure parts containing electrical components are positioned or fixed so they cannot fall into the water.
- There will likely be times when water spills out of the bath, especially when getting in or out and we recommend taking a common sense approach and making sure there is good drainage for water on the floor around your bath and a non slip surface to step on to.
- **Do not** switch the power on to the bath until it is filled to the required level. Running the pump dry, without water, could cause immediate damage and void your warranty.

- **Avoid flooding!** We would advise that the level to which you fill your bath with water falls at least 20cm below the top to avoid flooding, ideally fill 3cm above the 'return flow hole' (the highest hole on the compartment end of the bath) Top-up the water periodically as it lowers due to users entering/exiting to keep the water level high enough.
- Use your insulated cover. It is advisable not to leave the ice bath uncovered since ice melts in warm air, and requires the unit to be working more than it needs to.
- It is important to maintain to ensure the power supply used for the bath is both earthed and on an RCD protected circuit. in accordance with Brass Monkey Health's instructions by following the correct cleaning procedure set out in this guide; failure to do so can result in damage to the pump.
- **Do not** use chemicals such as ammonia, combustible substances, bromine, fluorine as these may damage the stainless steel, and any residue left in the water may damage your health.
- Any repairs must be made by a Brass Monkey approved engineer. Brass Monkey cannot accept liability for any damage arising from alterations or repairs made by non-approved engineers.
- It is the owners responsibility to ensure the power supply used for the bath is both earthed and on an RCD protected circuit.
- For all operations and maintenance of the ice bath please refer to this guide and if in any doubt please contact Brass Monkey directly. We're happy to help!
support@brassmonkey.co.uk
0113 526 7255



CAUTION: Before carrying out any maintenance operations, disconnect the appliance from the power supply.

Health & safety

Brass Monkey Health Ltd declines all liability for damages arising for failure to observe the following directions.

- **Health disclaimer:** If you're unsure, please check with your doctor before using your Brass Monkey Ice Bath.
- Ice baths are suitable for the majority of people, the majority of the time, however it is best to take a cautious approach and we would advise that people with reduced mobility, sensory, and/or cognitive abilities only use the bath if supervised and only if they have the knowledge necessary to use the equipment safely, as well as to understand the dangers arising from improper use.
- Ice dipping is no walk in the park. Tolerance to cold water varies from person to person and we recommend being mindful of gradually building up the duration of use with the ice bath or ice plunge and be cautious when using the ice bath alone.
- A note for the inexperienced. It is quite dangerous to suddenly jump into water that's significantly cooler than what you're used to as it can cause a shock to the body. Therefore, enter the water slowly and keep your face, shoulders and hands clear until your breathing is under control. The cold water shock response decreases with cold exposure experience and being mentally prepared.
- Start with safe, short dips of 30-60 seconds to learn what your limits are. If you begin to feel uncomfortable or you start to shiver, listen to your body, get out and slowly warm up by walking or taking slow air squats.
- Keep it fun!

- If you like, you can check the water temperature before entering the bath, to ensure that it is at a temperature that is suitable for your experience in cold exposure. The temperature of the water is displayed as default on the control panel and is displayed in increments of 1°C, rounding down to the nearest whole number, and then drops in 0.1 increments below 1°C.
- Children must be supervised near the ice bath to make sure they do not play with the equipment and do not carry out operations to be performed by adults (cleaning cycles/maintenance).
- Always replace the cover when not in use.
- Small children are not advised to use the ice bath or ice plunge.
- Please check with your doctor as relevant.
- Pregnant women should talk to a doctor first, low temperatures are not advised.
- Anybody under medical care, such as people with heart conditions, diabetes, high or low blood pressure or other health problems must not use the ice bath without first consulting their doctor. People with infectious diseases should not use the ice bath without first consulting their doctor.
- **Do not** use the ice bath after drinking alcohol or taking recreational drugs. It must be stated that the use of alcohol or drugs can greatly increase the risk of fatal hypothermia in the ice baths.
- **Do not** use your ice bath during extreme weather conditions (during storms or floods etc). It is also recommended to place the bath in an area that will not attract standing water. Good drainage is essential so that the services compartment does not become submerged with water. If it does, switch the unit off and let everything dry out.
- Be very careful when getting in and out of the ice bath. Surfaces may be slippery when wet.

Trouble shooting



Stuck ice? Find answers to this and many other common questions online: brassmonkey.co.uk/help

Going on holiday?

If you are going away for a few weeks, simply set the bath to 10 degrees to reduce energy consumption while you are not using it.

If you are going away for an extended period we recommend:

- Power off
- Fully drain the bath and remove the particle filter
- Clean the inside of the bath and filter housing with disinfectant spray
- Ensure fully dry
- Leave the cover slightly off to allow air flow
- Upon return follow the setup steps

Here for you

Our support team are on hand to help find answers to any questions you have. If you are unsure about anything, please get in touch:



support@brassmonkey.co.uk



+44 113 526 7255

Our support team are based in the UK. So if you're somewhere in the world when we're in bed, we'll get back to you as soon as we're back at our desks.



BRASS MONKEY®

Call us: 0113 526 7255

Email: hello@brassmonkey.co.uk

Visit: brassmonkey.co.uk