



Water Maintenance Guide

Water Maintenance for PlusLife Ice Baths

PRODUCTS



Armour 800g:

- Dual Action Spa Sanitiser and Shock.
- Recommended for use to control bacteria and algae.



Aquality 800g:

- Helps slowly lower pH and decrease total alkalinity.
- Improves chlorine efficiency.
- Prevents corrosion of equipment.
- Reduces eye irritation.
- Helps prevent cloudy water.
- Reduces the risk of scale formation.



Performance Up 800g:

- Increases your total Alkalinity and reduces pH fluctuation.
- Helps protect and prevent spa equipment from corrosion.



Swirl Away:

- Swirl Away Pipe Cleaner.
- Pipe cleaner and degreaser.
- Clears blocked pipelines and jets.
- Prevents build up of solid deposits.
- Dissolves accumulated bath and body oils.

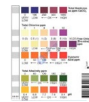


Velvet:

- Compatible with all surfaces, protects metal surfaces and equipment.
- Compatible with all types of sanitisers, nourishes skin and hair. Reduces skin and eye irritation.
- Increases mineral solubilities and enhances water comfort and clarity.
- Improves chemical efficiencies.
- Velvet has a pleasant citrus fragrance.

6 in 1 Test strips:

Testing for the following



- Total Hardness (ppm).
- Total Chlorine (ppm).
- Free Chlorine (Bromine)(ppm).
- Total Alkalinity (ppm).
- pH.
- Quick result instant water test kit.
- Contains 50 test strips per pack.



Filter Renew:

- Cleans oil, grease, scale and rust deposits from all types of filters.
- Restores filter efficiency and improves water circulation.



Squeaky clean:

- Heavy-duty surface cleaner specifically designed for spa surfaces.
- Cleans scum lines but will not damage spa water or components.
- Removes oils, grease, and dirt from spa surfaces.

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INSTRUCTIONS

The following instructions and recommendations are for the use of all PlusLife Health ice bath.

Please remember that some of the products can dramatically prolong the life of your equipment.

Personal

For all **Personal applications** of **1- 3 uses per day**, we recommend testing the water with a 6 in 1 test strip every **week**.

Commercial

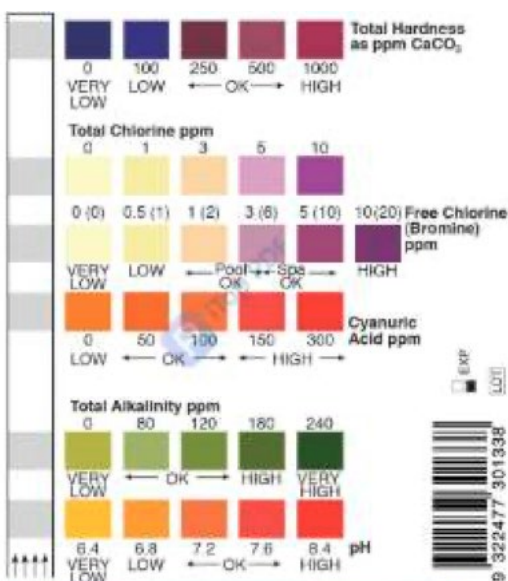
For all **Commercial applications** we recommend testing water with the 6 in 1 test strips **daily**. The high frequency of usage can cause significant imbalances to water and therefore requires more testing..

You may use your discretion on the testing of the water if the water testing results are stable for longer than recommended testing time.

We recommend when initially filling the ice bath that you undergo a test with 6 in 1 test strips and apply the following dosing after receiving the results.

Also, after a day of use we recommend to test and add chemicals in to circulate the system for the following day of use.

Use the 6 in 1 test strips by dipping them in and swirling them back and forth before removing. You will be able to correlate your test strip with the casing or picture below.



NOTE:

When adding chemicals, users are asked to add chemicals into a bucket with ambient temperature (tap) water for better dissolving of chemicals before pouring into the bath. If you own a hot/cold ice bath, you may also set the temperatures to 20+ degrees to allow the ice bath water to raise in temperature before adding chemicals.

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DOSING

	Signature Ice Bath	XL Ice Bath	Inflatable/ Portable Ice Bath
 <p>Armour Sanitise: when water is clean. Oxidise(shock): when water is very dirty. This shouldn't need to happen if water is being emptied and maintenance carried out. Only carry out to kill visible organic waste. Do not re-enter bath until bromine levels are below 6.</p>	<p>Sanitiser: 2g at a time.</p> <p>Oxidiser: 4.5g (shock water)</p>	<p>Sanitiser: 4g at a time.</p> <p>Oxidiser: 10g (shock water)</p>	<p>Sanitiser: 2g at a time.</p> <p>Oxidiser: 4.5g (shock water)</p>
 <p>Performance Up Total Alkalinity Increaser.</p>	4.5g increases alkalinity by 10ppm.	8g increases alkalinity by 10ppm.	4.5g increases alkalinity by 10ppm.
 <p>Aquality Lowers pH and decreases total alkalinity.</p>	7g	10g	7g
 <p>Velvet Softens water, nourishes skin and hair. Fresh rose fragrance.</p>	<p>Initial: 50g</p> <p>Weekly Maintenance: 7.5g</p>	<p>Initial: 75g</p> <p>Weekly Maintenance: 10g</p>	<p>Initial: 50g</p> <p>Weekly Maintenance: 7.5g</p>
 <p>Swirl Away Ice bath pipe cleaner. Use monthly for maintenance.</p>	150ml	200ml	150ml
 <p>Comfort Up pH increaser. Use only after performing a test and the pH level needs increasing.</p>	7g	10g	7g

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FURTHER MAINTENANCE

	Commercial	Personal
 <p>Swirl Away: We recommend when carrying out the pipe clean; remove all filters from the system. Set the temperature to 20 degrees Celsius and pour in your designated dosage depending on the size of your plunge. Let this circulate for 2 hours before draining the water. You may connect all filters once cleaned and fill bath back up.</p>	Once a Month	Once a quarter
 <p>Squeaky Clean (surface cleaner): We recommend cleaning the inside of the ice bath after using Swirl Away pipe cleaner and draining the water. This will remove any sludge or bio film that may have built up. You can also clean your ice bath cover with this.</p>	Once a Month after using Swirl Away.	Once a quarter after using Swirl Away.
 <p>Filter Renew: We recommend carrying out a cartridge filter clean depending on usage. Carrying out these filter cleans will remove bio waste buildup on your cartridge filter and help for a clean water circulation.</p> <p>Directions for use: Turn off the power to your Chiller and remove the cartridge filter. Thoroughly spray the cartridge filter with Filter Renew and let it sit for 15 minutes before washing it off and replacing the cartridge filter back into cartridge housing. Please ensure cartridge housing is tight.</p>	For commercial application of 5+ uses a day; we recommend your cartridge filter is cleaned 2-3 times a week depending on usage.	For a personal application of 1-3 uses a day; we recommend your cartridge filter is cleaned once a week.



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