



Cold Plunge Tub User's Manual



INTRODUCTION

**Thank you for purchasing Salus Saunas 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. If you feel that this process is too difficult to do on your own, we advise that you seek assistance from a local building or home improvement contractor.

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 optional Chiller.

WARNING:

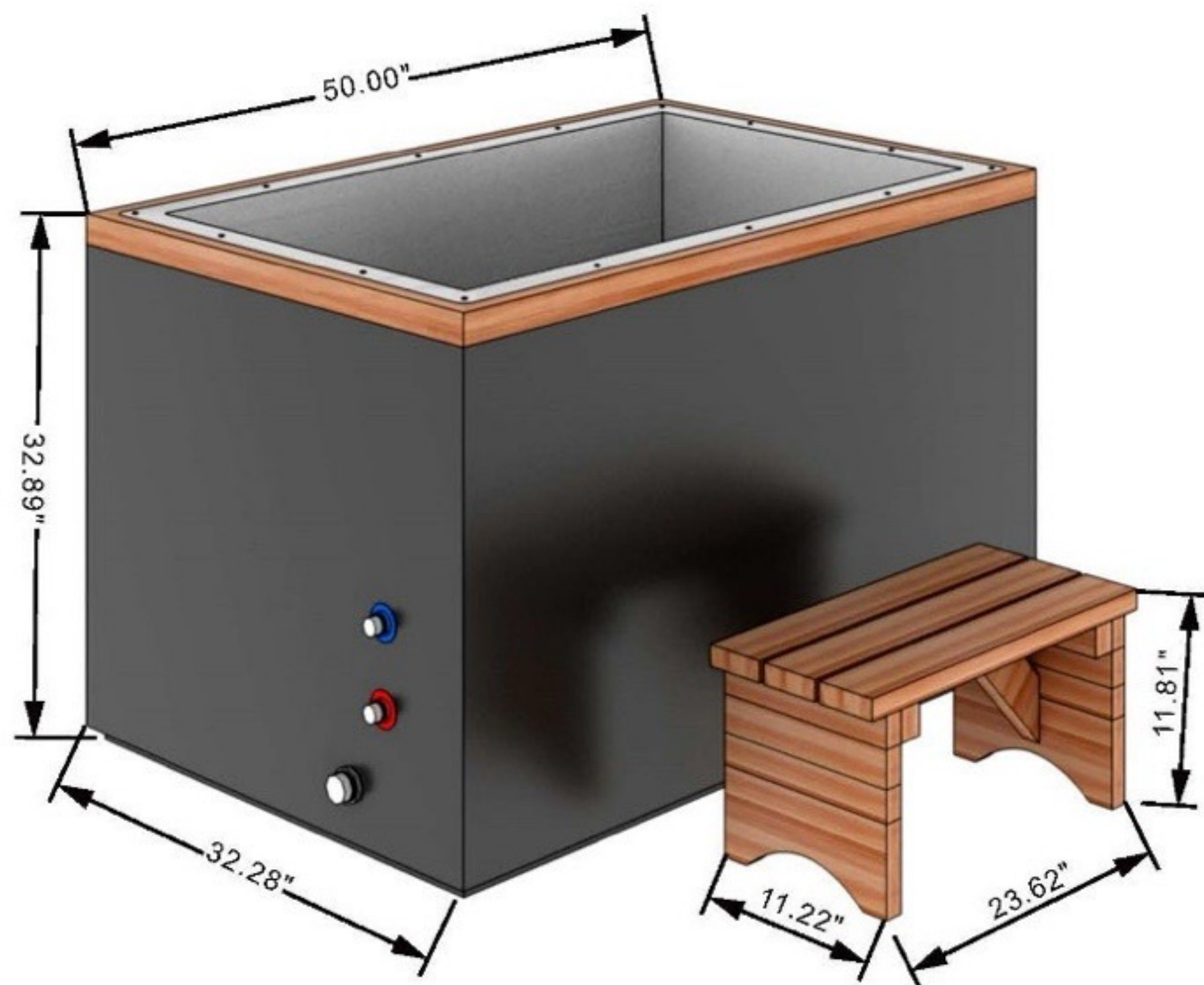
Improper assembly and operation can result in severe personal injury as well as product failure not covered by warranty. Please follow all instructions carefully or contact technical support for assistance.

IMPORTANT SAFETY INSTRUCTIONS

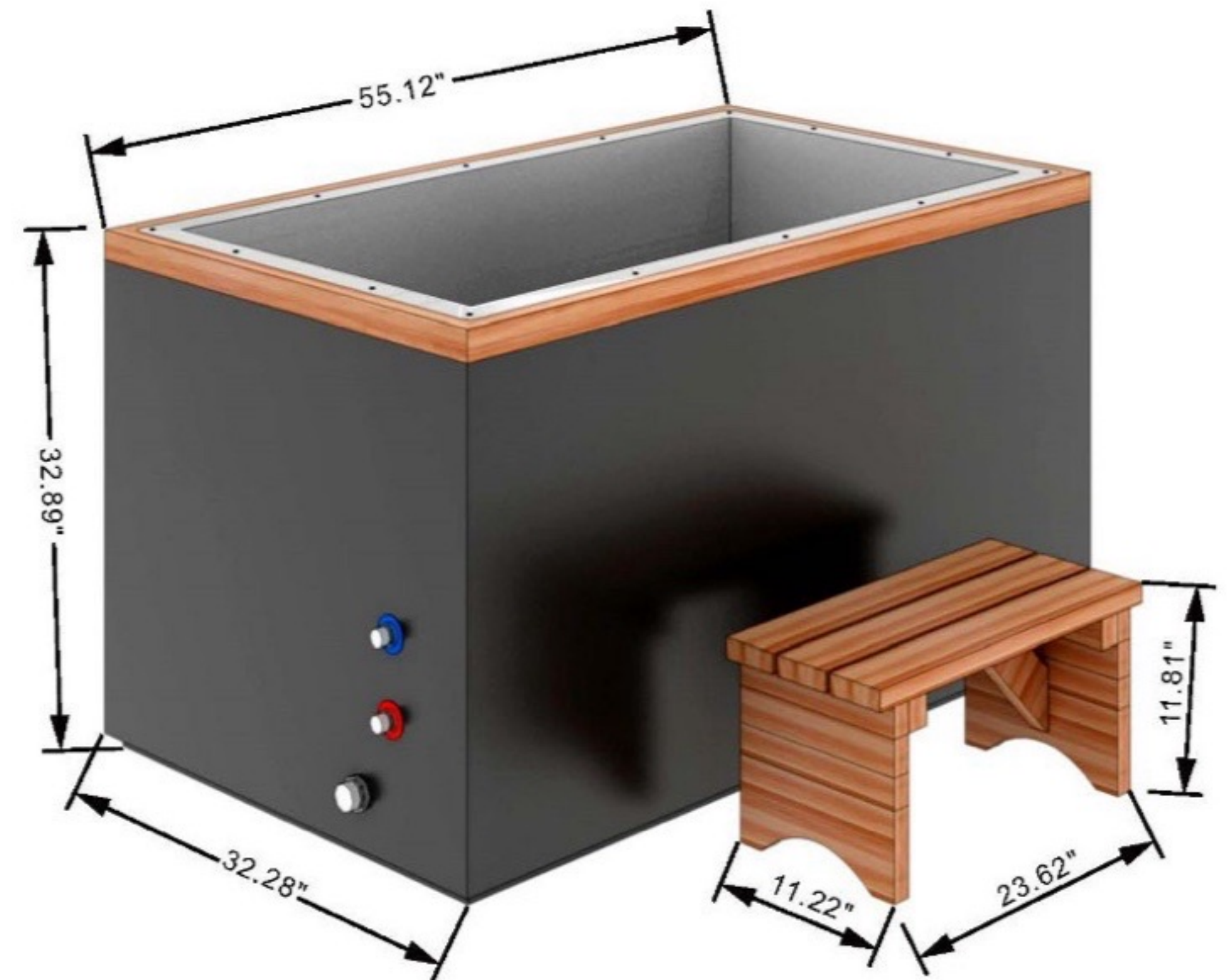
SAFETY AND OPERATIONAL WARNINGS

- Before using this product, it is essential to read this entire manual and all instructions. This plunge tub is intended for use solely in the manner described in this manual.
- It is recommended to consult a physician before beginning your cold plunge therapy regiment.
- 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.
- Pets should be kept away from tub to avoid damage and injury.
- 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 (1.5m) of the tub.
- The use of alcohol, drugs, or medication before or during the cold plunge may lead to loss of consciousness with the possibility of drowning.
- Persons with a history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician before they use a Cold Plunge Tub.
- 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.
- Do not operate tools or heavy machinery or attempt to drive immediately after completing a cold plunge.
- 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.

PRODUCT DIMENSIONS



Small Square Tub – 176.5 lbs



Large Square Tub – 198.5 lbs



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

Installation

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 ground 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 ground 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.

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

2) Outdoor installation:

- The ground where tub is on must be smooth and flat with no sharp objects such as branches and stones nearby. Be sure to use the included floor mat for additional protection.
- 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.

1.2 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 pool.

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

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 optional Dynamic Cold Therapy 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 (fig.3), 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.



fig.3

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 place the tub in the included storage bag and 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.