





REVEL ICE BATH  
CARE GUIDE





## Maintaining and Cleaning Your Ice Bath

Ensuring that your REVEL ice bath is clean and well-maintained is crucial for its longevity and for maintaining a hygienic environment. This guide will assist you in understanding the frequency of water change, cleaning methods, and the timing for deep cleaning.

# 01

## Preventive Measures for Cleanliness

**Avoiding Mud and Dirt:** Especially when used outdoors, be mindful of preventing mud and other debris from entering the tub.

**Clean Before Entry:** Ensure all users are clean before entering the bath to avoid introducing grass, twigs, and other debris into the water. Consider having a shower or a foot-washing station nearby.

**Use Footwear:** Wear shoes when walking to the ice bath outdoors, removing them before entry to prevent mud from being transferred into the bath.

# 02

## Utilizing Ice Bath Covers

**Protection:** Using the provided cover for your ice bath can significantly reduce cleaning and maintenance efforts by preventing debris, leaves, dirt, and unwanted creatures from entering.

**Benefits:** Covers help maintain water cleanliness between uses and protect against external elements like rainwater, especially when the tub is placed outdoors. Even for indoor tubs, covers can help maintain water cleanliness for extended periods.

# 03

## Water Management

**Water Retention:** Keeping your ice bath filled can be a time-saver, and the water can be kept at the desired temperature by placing it outdoors during winter or adding crushed ice.

**Maintaining Clean Water:** Cold temperatures and a cover should inhibit bacterial growth. Additionally, filtering and sanitizing the water will prolong its cleanliness. Nonetheless, regular water changes are recommended.

**Changing the Water:** Depending on whether you treat your water and how often the bath is used, change the water every few weeks to several months to ensure hygiene.

# 04

## Filter Management

The filter is designed for reuse and typically endures for a period of 6-12 months, contingent upon its usage. It's imperative to clean both the filter and the tub, aligning the cleaning frequency with the intensity of usage. For routine personal use, it's advisable to clean the reusable filter approximately once a month. In contrast, for intensive commercial use, a more frequent cleaning schedule is recommended; ideally, every few weeks to ensure optimal cleanliness and to provide assurance to your customers.

# 05

## Routine Cleaning

**Frequency:** Regular cleaning is essential, especially for outdoor baths, and should be conducted every time the bath is emptied or if it has been sitting unused for a while.

**Cleaning Products:** Regular cleaning typically doesn't require specialized products.



# 06

## Deep Cleaning

**When to Deep Clean:** Periodic deep cleaning ensures thorough sanitation and bacteria elimination.

**Frequency:** Depending on usage and regular maintenance, deep cleaning may be required every few months or annually.

Ensuring Longevity and Hygiene of Your Ice Bath  
Maintaining your REVEL ice bath involves a combination of preventive measures and regular cleaning to ensure it remains in optimal condition and provides a clean and hygienic environment for cold-water therapy. Employing a cover, ensuring users are clean before entry, and adhering to a regular cleaning and water change schedule will help you enjoy the benefits of your ice bath for years to come.

Note: Always adhere to local regulations regarding water treatment, especially for commercial use, and ensure that any cleaning products used are compatible with the materials of your ice bath.



## Contact Us



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