

The Barrel & Chiller Guide





“This—Sh*t—Works”

Wim Hof

- Welcome4
- How it works6
- Need to know7
- Parts overview8
- Getting set up10
- Touch panel introduction14
- Keeping the water clean18
- Cleaning the filter and changing the water20
- Cleaning the filter without draining the water22
- Using the ozone cleaning function24
- Maintaining the barrel26
- Chiller technical data27
- Support28

Welcome

The cold is both brutal and spiritual. A fierce stressor, yet a valuable teacher. It can be without mercy, and—if you let it—will reward you with the warmest of hugs. It's why we have an unstoppable quest to help people like you to get their cold on.

We're here to support people, like you, in their every day journey towards building a stronger mind and a healthier body. As Wim Hof says, "This—Sh*t—Works".

Power-up your day

The Barrel & Chiller – Where art meets tech

Aged over decades maturing Scotland's beloved Whisky's - and now up-cycled and reimagined to take you on a journey into cold water immersion. Every oak barrel is restored by expert coopers in the Speyside Valley before being handed to us for finishing, these barrels are steeped in their own history which is why every one is stripped back, refurbished and deep cleaned before being resined and oiled. This ensures it's perfectly water tight and has locked-in the original wood colour and uniqueness. No oak barrel is the same, they each bear their own subtle colouring and markings.

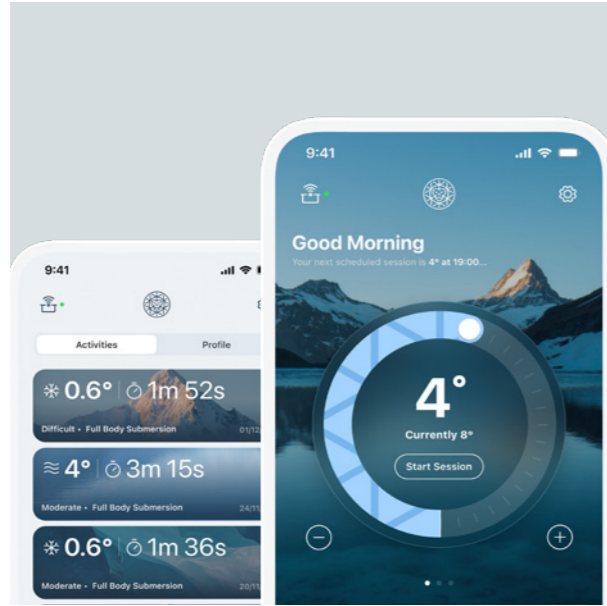


How it works



Rapid cooling & heating

The chiller that connects to our barrel is capable of cooling at 2°C an hour and once it reaches target temperature it will maintain it for you. It will cool to between 3 and 5°C and can also heat the water to 40°C should you want it to do that. There's a simple touch screen to control the chiller or you can connect it via our app to remotely set and monitor temperatures.



Automated and connected

Our barrels are designed to ensure you can just say focussed on your immersion. Using our companion app you can schedule your barrel to be ready when you want it to be, bringing efficiency to temperature management. On top of that, receive maintenance reminders to ensure your water is always crystal clear.



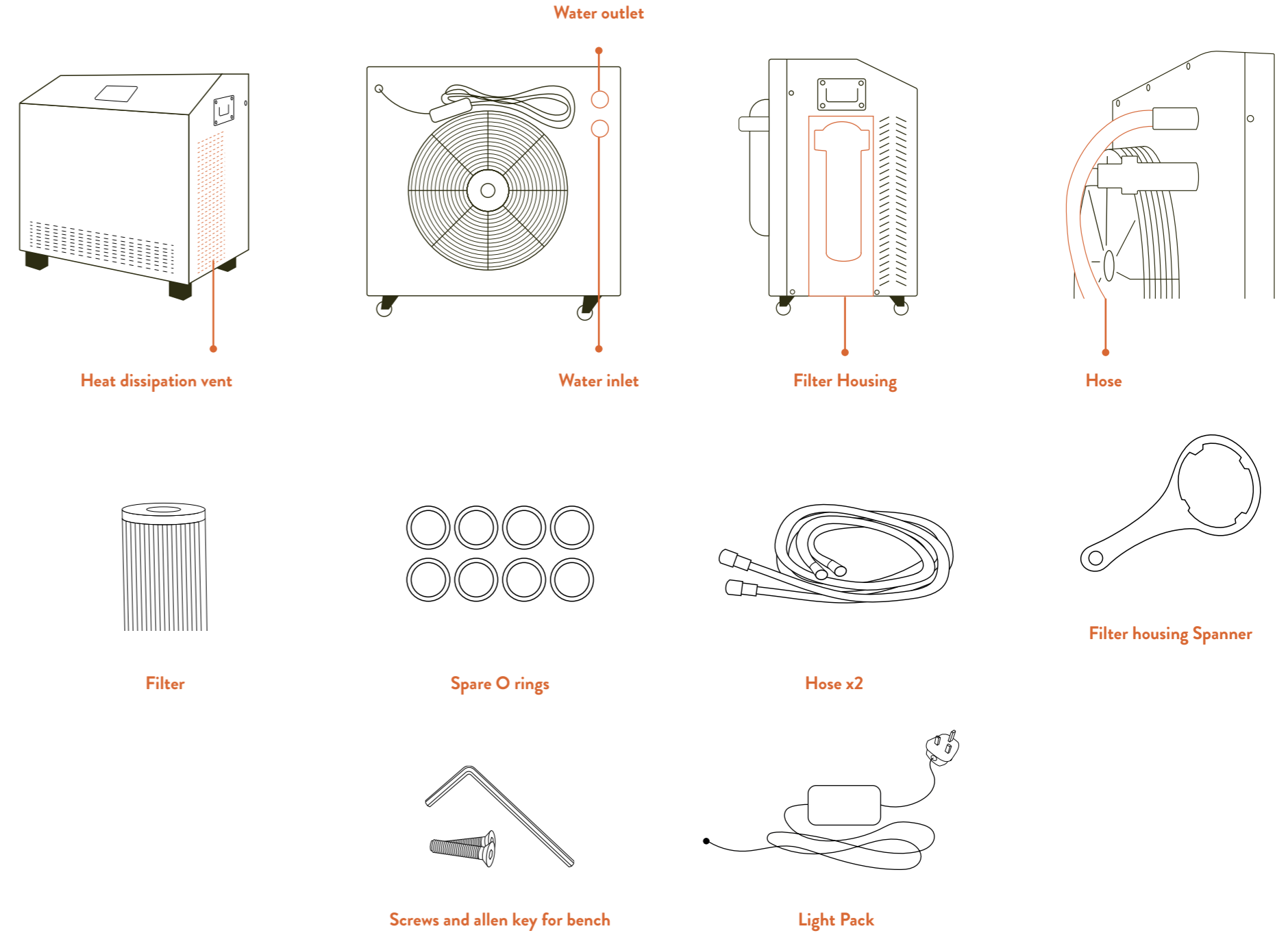
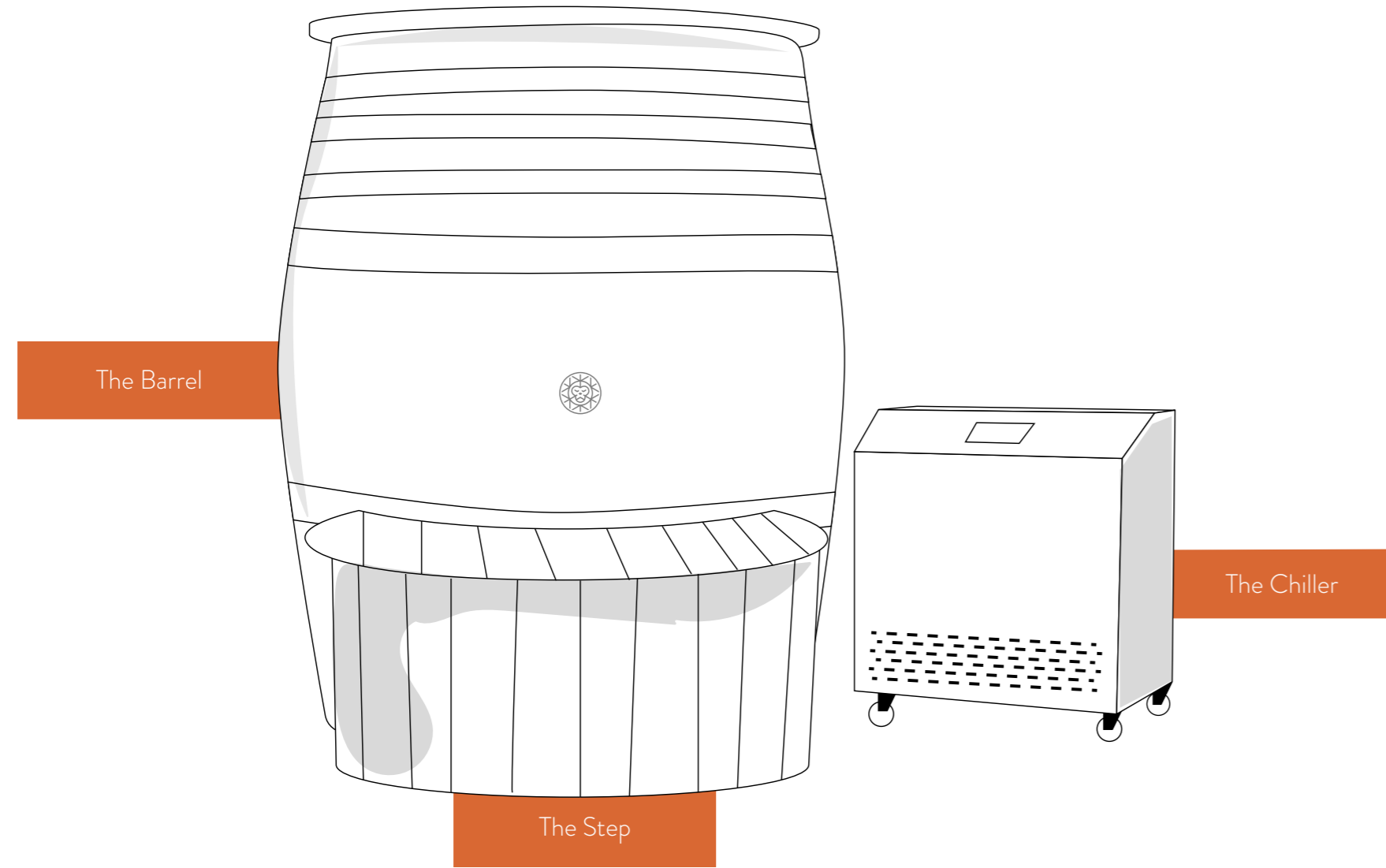
Maintenance

The barrel uses a simple sediment filter and an inbuilt ozonator to keep the water clean and free of any nasties. To ensure your water stays clean for as long as possible we'd always recommend a quick shower before jumping in!

Need to know

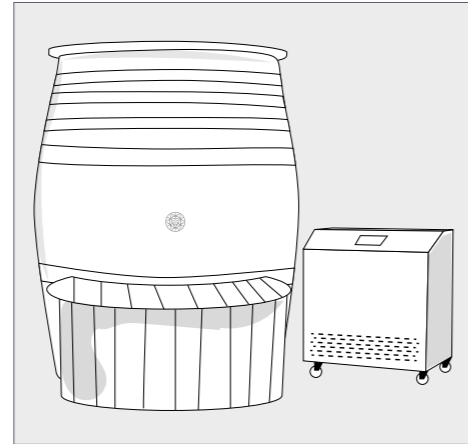
- The weight of the Barrels when full is over 600Kg and will need a stable base that can withstand this weight.
- The Barrel will need to settle into its environment - leave to stand for a day or two or you may experience leakage. This is normal. The oak barrel is over 50 years old and the wood will expand and contract. This means that the resin on the inside of the barrel will stretch and a leak may occur. After a day or two, when the wood has settled into its environment the resin will self heal and become watertight.
- To empty the barrel you will need a submersible pump - we recommend a puddle pump.
- Leave adequate space for ventilation near the grilles to allow airflow to the chiller unit.
- Do not plug into an extension cable - this is a fire hazard.
- When using the Barrel & Chiller switch the power off to the chiller - this is essential in case the chiller is going through an ozone cycle. Ozone dissipates within minutes of being released but it's safest to switch it off to ensure this.

Parts overview



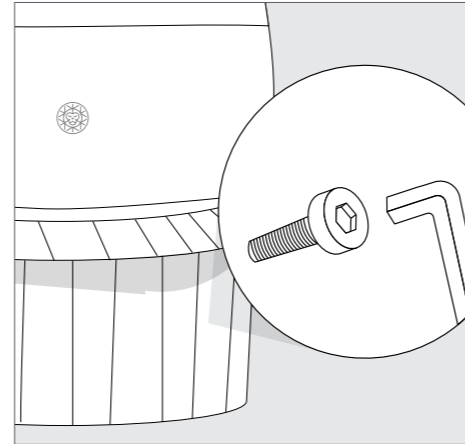


Getting set up



Step one

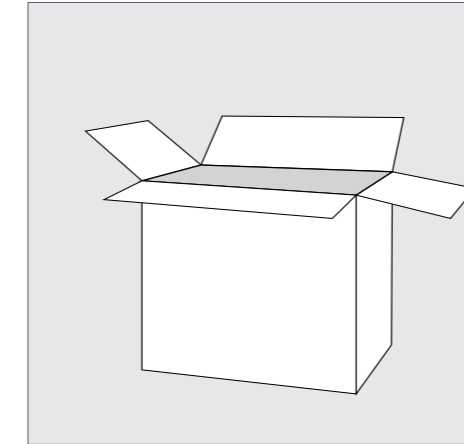
Place your barrel and chiller into the final position you want them in. Remembering that you will need good airflow for the chiller and access to the control panel. The unit weighs over 600Kg when full so it's best to get it in its forever home now.



Step two

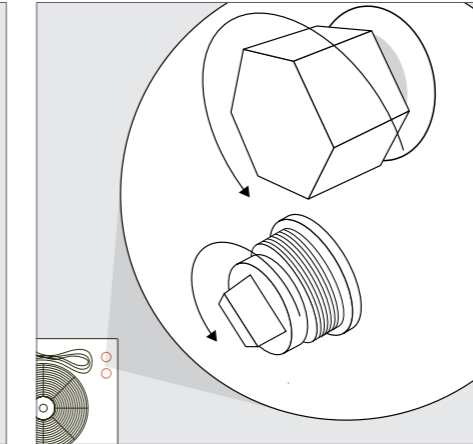
Attach the step to the barrel. Using the bolts provided, use an allen key to attach the bolts through the holes in the back of the step into the brackets that are mounted on the front of the barrel.

Getting set up



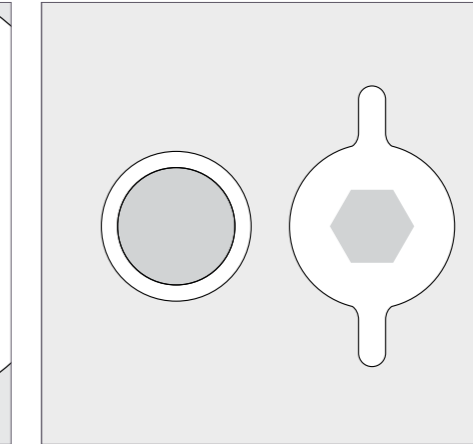
Step three

Remove the chiller from its packaging. Leave the power off at this point.



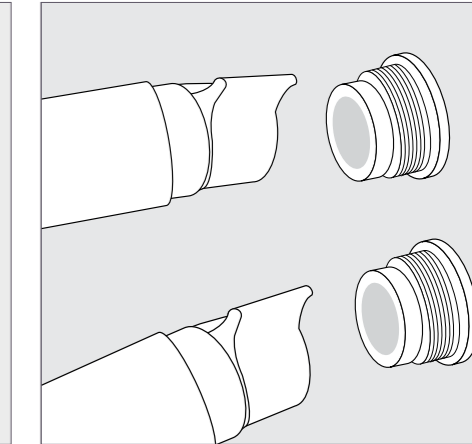
Step four

Remove the two white stopper fittings on the back of the chiller.



Step five

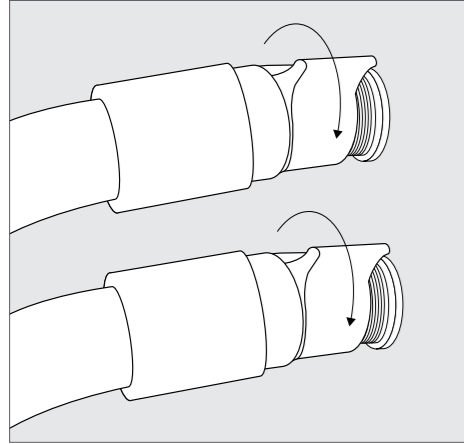
Ensure there is an O ring in the end of each pipe (4 in total), if not use the spares provided.



Step six

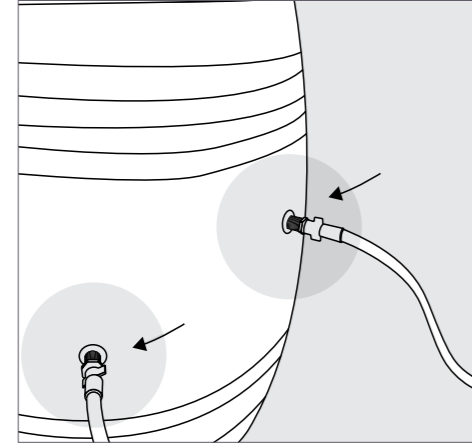
Attach the end of the pipes to the fittings on the back of the chiller.

Getting set up



Step seven

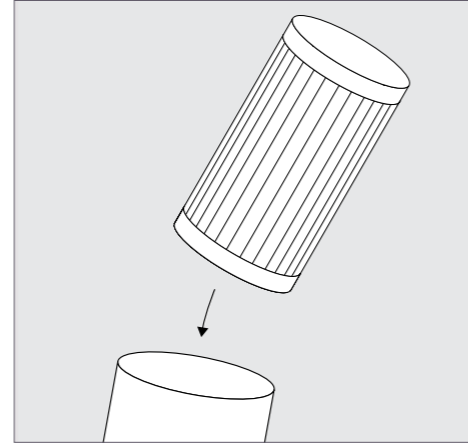
Just screw them on and twist until secure.



Step eight

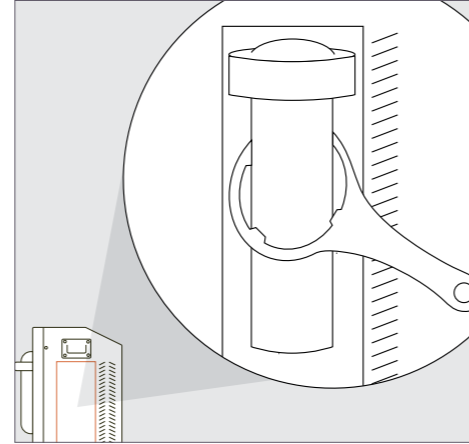
Now attach both pipes to each of the holes on the barrel:

- Top hose to top fittings
- Bottom hose to bottom fittings.



Step nine

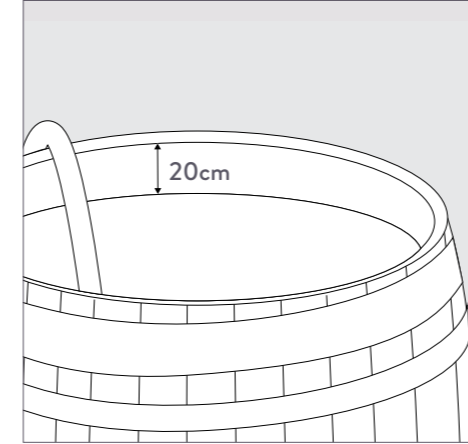
Fit the Filter. Unscrew the filter housing on the side of the chiller using the filter housing key, pop your filter in, screw it back in.



Step ten

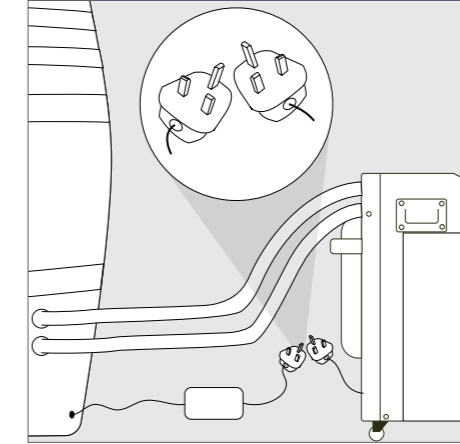
Using the filter housing key turn it by 1/8th for a snug fit without over tightening.

Getting set up



Step eleven

Now you can fill the barrel with water using a garden hose, fill to 20cm below the rim of the barrel with clean tap water.

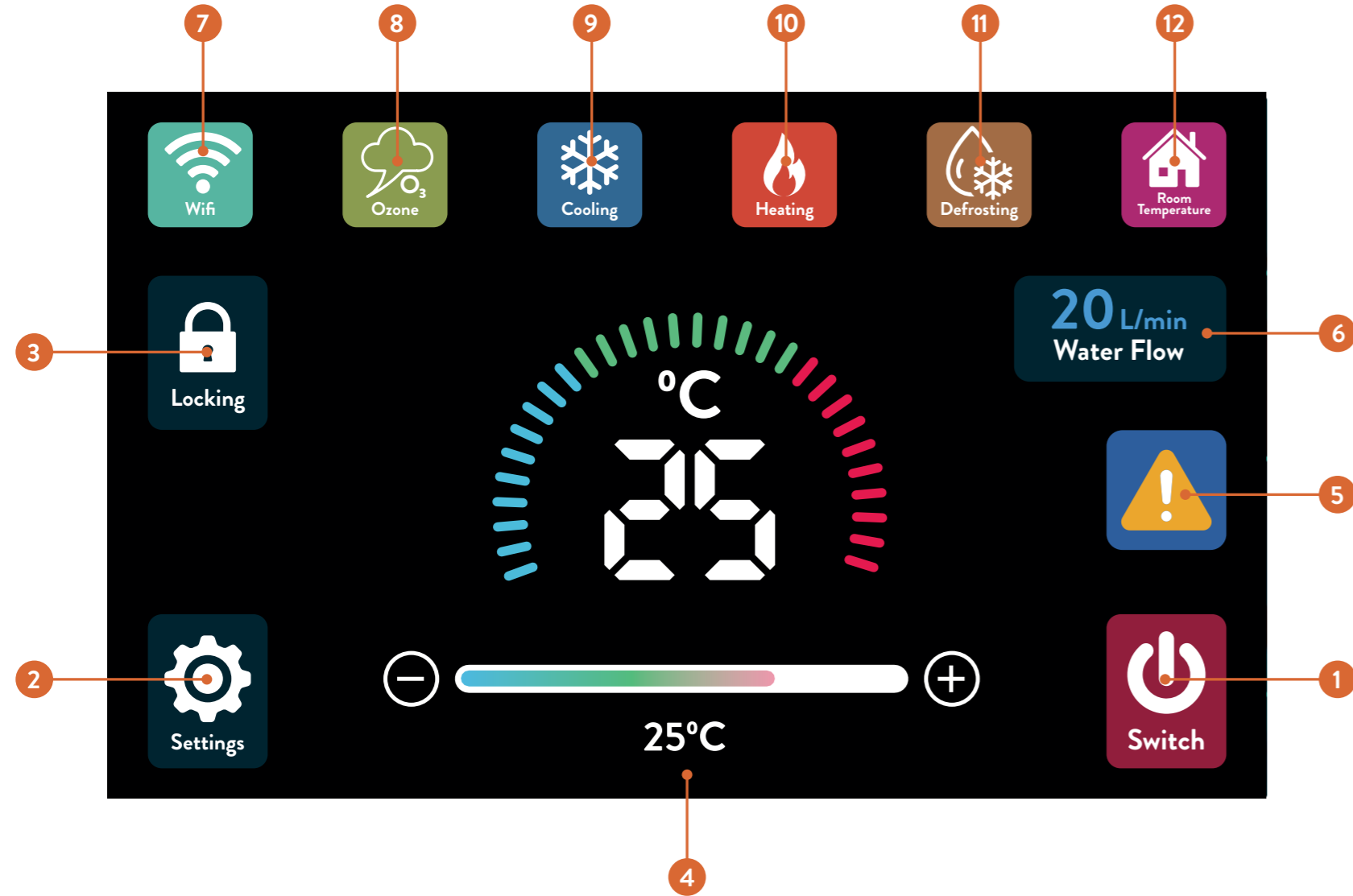


Step twelve

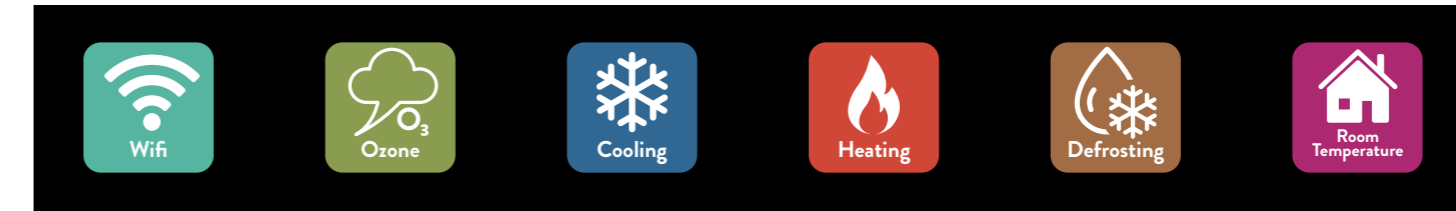
Plug in the light and the chiller - you are now ready to switch the chiller on and set it to your desired temperature!



Touch panel introduction

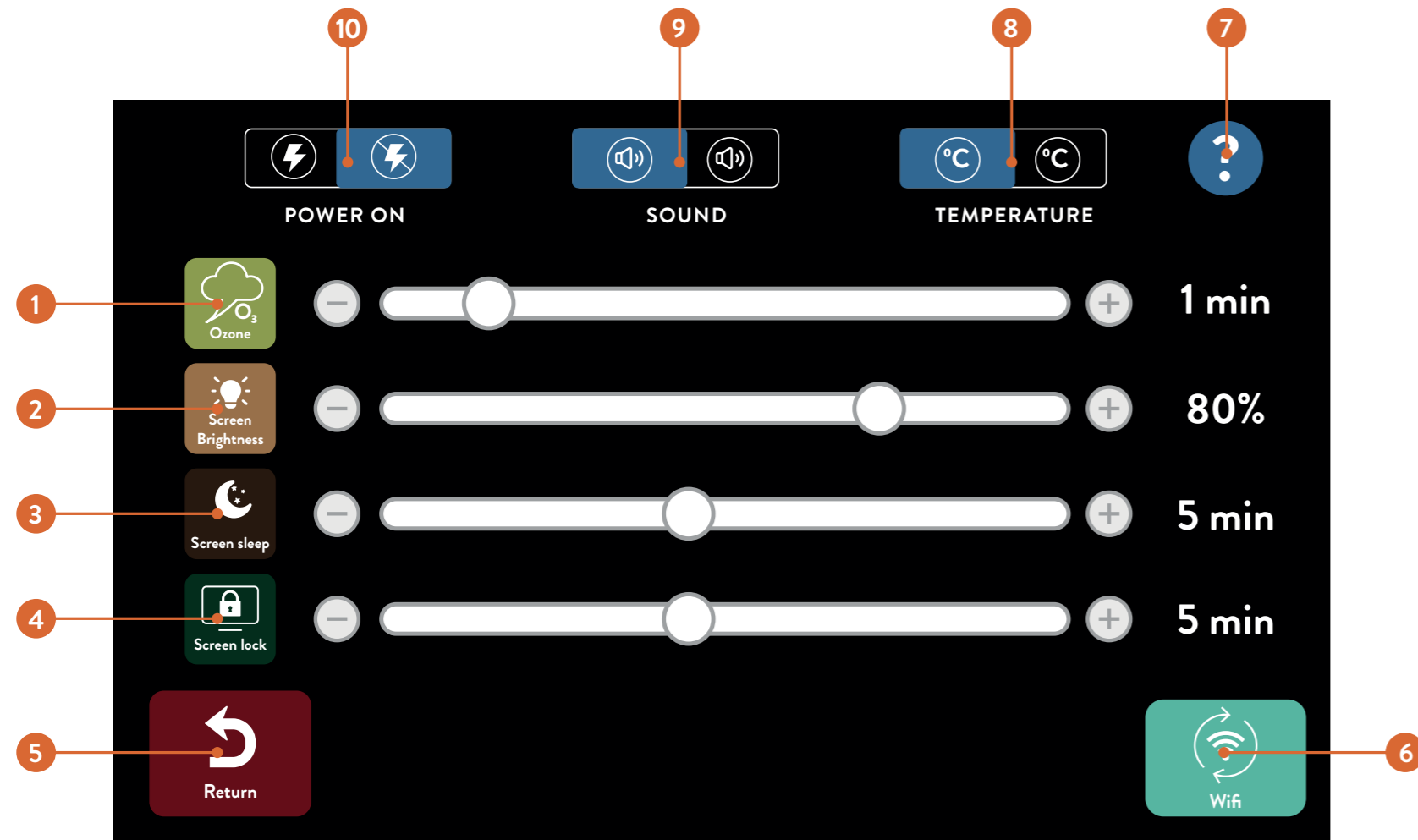


Status icons



The corresponding icon will only light up when the current function is turned on.

- 1 **Turn on/off**
- 2 **Settings:** Press to enter the second screen.
- 3 **Locking:** Press for 3-5 seconds to lock or unlock.
- 4 **Temperature Adjustment:** Press + or - to set the temperature.
- 5 **Fault Warning:** Shows any faults within the system.
- 6 **Water Flow:** Displays the current water flow.
- 7 **WiFi:** Connect to the Brass Monkey app.
- 8 **Ozone:** Set the level of ozone released to keep the water clean.
- 9 **Cooling:** Displays the water flow, if there is no flow device installed, it will display 0.
- 10 **Heating** will only light up for chillers with heating function when heating.
- 11 **Defrosting** will only light up for chillers with heating function when heating.
- 12 **Room Temperature:** Displays the ambient temperature of the room.



- 1 **Ozone time:** Adjust the Ozone working time interval: 0 min (off) and max to 5 min.
- 2 **Screen brightness:** Adjust the screen brightness: min 10%, max 100%.
- 3 **Screen sleep:** Adjust the screen sleep time: 0 min (off), max 5 min.
- 4 **Screen lock:** Adjust the screen lock time: 0 min (off), max 5 min.
- 5 **Return:** Click return button to enter the first interface.

- 6 **WiFi:** Long press to enter the WiFi function (connect Brass Monkey app).
- 7 **Help:** Click the help icon to scan the QR code for technical support.
- 8 **Temperature switching:** Temperature unit switching (°C/°F).
- 9 **Touch screen prompt sound:** Adjust the button sound: ON/OFF.
- 10 **Auto power:** Power-on automatic operation ON/OFF.



Keeping the water clean

- Clean the filter every 7 days.
- Change the water once a month.
- Set the ozone function at Low, Med or High.
- Use a residual cleaner such as Huwa-San.

Cleaning the filter and changing the water

Dependent on usage we recommend you clean the filter every 7 days and then do a full clean once a month. Here we describe the steps to change the water and clean the filter.

Make sure you switch off the power to the chiller before starting.



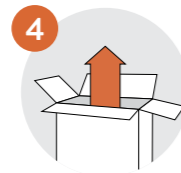
1 Drain the barrel using a submersible pump.



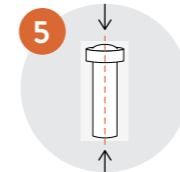
2 Unscrew the filter housing, using the spanner provided to gently twist it loose.



3 Flush any sediment or solid matter present in the filter bowl with running water.



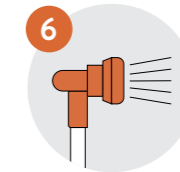
4 To fit a new cartridge, remove the cartridge from its packaging and ensure it does not pick up any contamination before fitting in the housing.



5 Seat the cartridge into the filter housing and check it has been correctly aligned before locating it back into place and gently tightening with the spanner.



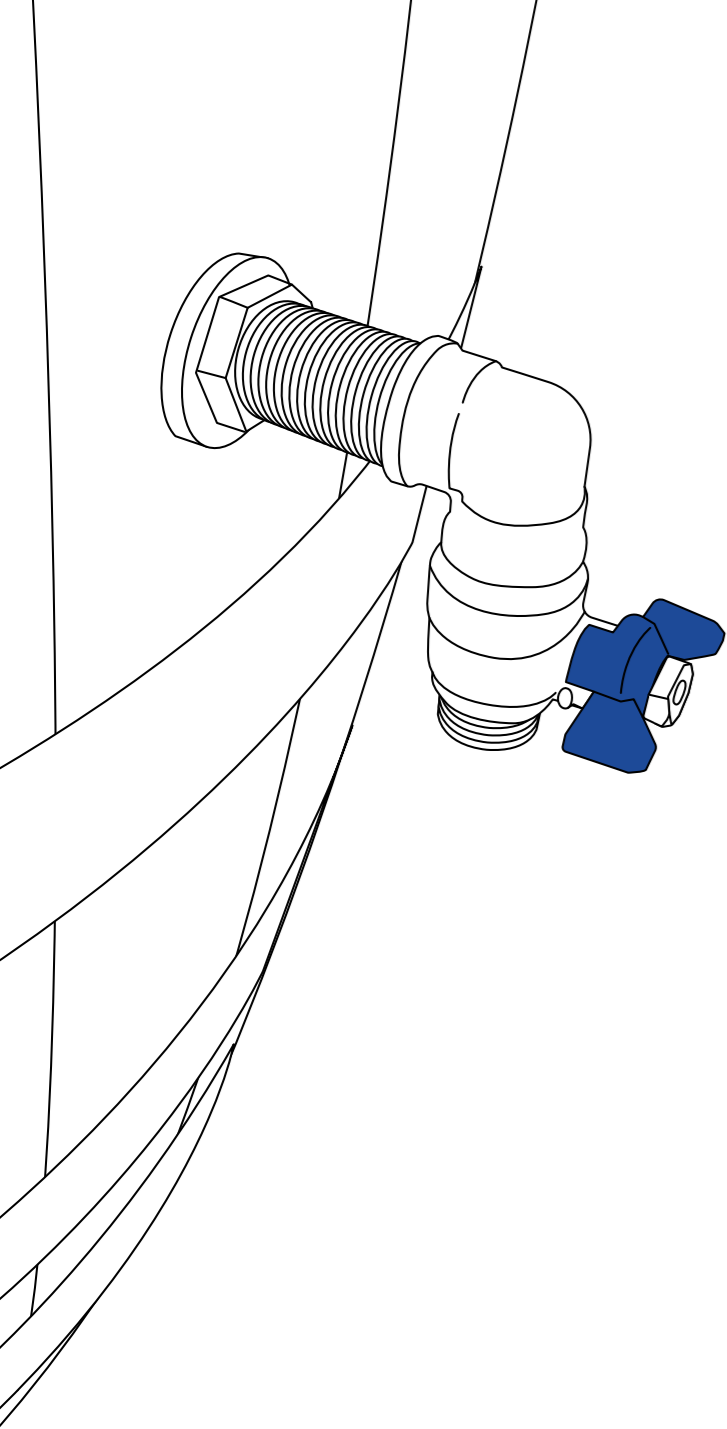
7 Refill the barrel using the hosepipe. Switch on as usual and set your desired temperature.



6 To clean the filter you have just removed you can run this under the hose until the water runs clear. We also recommend soaking the filter in a bucket of water with a small amount of Lo-Chlor filter cleaner & degreaser. Rinse well after soaking. This can then be left to dry for the next filter change.



8 Clean the inside of the barrel with antibacterial wipes or an antibacterial spray and clean cloth. This will lengthen the life of the water on the next fill by making sure any bacteria is cleaned away. Don't forget to clean underneath the step as bacteria can lurk here!



Cleaning the filter without draining the water

When you clean the filter every 7 days you can do a quick filter change without draining the water.

- Switch off the chiller.
- Turn the blue taps into the off position so that they are no longer in line with the pipe.
- Remove the hoses from the back of the chiller and place into the barrel.
- Follow steps 2 - 7 to replace the filter.
- Reattach the hoses onto the chiller.
- Turn the blue taps in line with the pipe to allow the water to flow.
- Switch the chiller on.

You will find your own cleaning protocol that works for you, the recommendations are based on an average household use and don't take into account other factors such as frequency of use and body lotions in the water. When you begin using the barrel, you will soon find the optimum number of days until your next filter change and then your next water change. As a rule of thumb, if the water is murky, it means that you have gone past the date for changing your filter. You can use residual cleaners in the barrel such as Huwa-San to extend the time between filter/water changes. Problems can occur if the cleaning protocol is not followed:

Problem:

The chiller is noisy / has stopped cooling. This indicates that water cannot move freely and the pump is straining to pull water through, you will see a reduced water flow rate on the control panel. A normal flow rate is between 17 and 20L per minute.

Solution:

- Remove the pipes and check that there is nothing blocking the flow of water in the end of the pipes and the fittings that you connect the pipes to.
- Check that the filter is located neatly into the housing and that there is not excessive air at the top of the housing. If there is, remove the housing, tip the water into the barrel and relocate the filter so it sits straight in the housing and cleanly locates to the chiller when screwing it back on.

Problem:

The water is murky.

Solution :

- Change your cleaning protocol.
- Decrease the amount of days between filter/water changes.
- Introduce a residual cleaner.
- Keep the lid on to prevent debris entering the water.

Using the ozone cleaning function

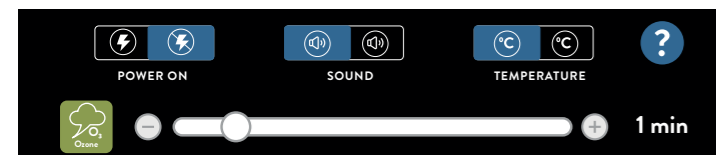
The ozonator function aids in oxidising organic substances, removing the need for chemicals or residual water treatment. It breaks down viruses, bacteria and other organic material such as dead skin. Ozone is a powerful oxidizer of scale, scum and biofilm.

The ozone travels through an air line connected to a the water pump. The water and the ozone are then pushed into through the pipes into the barrel. Once the ozone is in contact with the water in your chiller, it will work to kill bacteria, contaminants and other waste.

The chiller has 5 different ozone functions and you can select which one you use based on the levels of use of the barrel.

Setting	Ozone function	Usage
1	Ozone runs for 1 mins every 15 minutes.	Low - 1 person a couple of times per week
2	Ozone runs for 2 mins every 15 minutes.	Low - 1 person every day
3	Ozone runs for 3 mins every 15 minutes.	Med - 2 persons most days
4	Ozone runs for 4 mins every 15 minutes.	Med - High 2 people multiple times per day
5	Ozone runs for 5 mins every 15 minutes.	High - 3-4 people multiple times per day

To set the ozone function



Press +/- to increase/decrease the amount of ozone released.



Maintaining the barrel

Your barrel is a thing of natural beauty, there is literally not another one the same. We took many weeks to prepare it for you, here's how to keep him (or her!) happy...

Positioning - The barrel is an outdoor product only. Aged oak is happiest in moderate temperatures and when the unit is filled with water to retain moisture levels. The ground under the barrel should be level and of solid construction - this is vital to ensure before filling.

Sunlight - We recommend always keeping the barrel under a degree of shade on hot days, whilst not critical it will help your barrel to last for years to come. This is more important in very hot climates where summer days repeatedly reach temperatures over 35°C. Direct sunlight and heat warms the wood, it's a natural product that expands and contracts, the aim is to minimise this flexing where possible.

Freezing weather - Being Scottish, the barrel will be happy on cold days, however please keep the water circulating (the chiller switched on), this is to prevent the water standing and freezing in the pipework between barrel and chiller

Exterior wood maintenance - the barrel is cleaned and sanded before an oil is applied. Reapply this every two years, we use Osmo natural woodstain.

Interior resin maintenance - the resin is applied once and will not need applying again for the life of the barrel. You can maintain the resin by never using or applying harsh chemicals in the water. This includes chlorine and other salts. We encourage the use of eco-friendly additives or cleaners such as hydrogen peroxide so long as not above 500ppm.

Removing debris - inside the barrel, the base will collect grit and debris from your feet. You can remove grit easiest with pump-action spa vacuum. Any debris, such as leaves, floating on the surface can be removed with a small net.

Storage - the barrel is happiest when filled with water as it retains moisture in the wood. If you decide to store the barrel empty for a period then move to a cool and shaded location. Upon refill it's possible the wood will contract and tiny leaks will occur, these will self heal a day after refilling as the wood expands again.

Chiller technical data

Voltage	220-240VAC 50/60Hz
Dimension (LxWxH)	510x400x560MM
Weight	35 KG
Warranty	1 Year
Power	710W
Working Temperature Range	3 to 42 °C
Cooling capacity	1770W
Cooling type	Cooled Water Circulating
Refrigerant	R410
Model Number	SY-08-HC/OC (YC-2800W)
Compressor power	605W
Tank volume	500L

Estimated cooling times to 3-5°C

Volume	Time
< 50L	0.37H
50 - 100L	1.1H
100 - 200L	2.2H
200 - 500L	5.5H



We are here for you

If you have any questions or require technical support
you can get in touch with us by the following means:

Email: support@brassmonkey.co.uk

Call us: 0113 526 7255

Raise a ticket in your online account



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