

ICE BATHS

Take the plunge with our new

At-home Ice Baths



Cold water immersion, which is usually referred to as either cold plunging or ice bathing, is an excellent way to reduce inflammation, recover quicker from high-intensity workouts, better manage stress and anxiety, become more resilient and much more. They're like a spa day for your brain, reducing stress and boosting focus like nobody's business.

SPECIFICATIONS

Dimensions	2000 x 950 x 900
Seat Capacity	1 person
Temperature	5° - -32°
Water capacity	530L
Dry weight	238kg
Full weight	768kg
Power	10 amps

Dimensions and weights are estimates only.

WARRANTY

Up to 5 years

FEATURES

American acrylic shell	◆
Maintenance free cabinet	◆
Stainless steel frame	◆
Cabinet	◆
Control Panel	◆
Circulation pump	◆
Ozonator	◆
Low maintenance filter	1
Compressor	◆
Drainage	◆
Thermo cover	◆
Hard cover	◆



**WAREHOUSE
FACTORY DIRECT**
THE SAUNA & SPA SPECIALISTS

ph: (02) 4340 0000

43 Somersby Falls Rd, Somersby NSW

e: mail@indooroutdoorspas.com.au

www.indooroutdoorspas.com.au



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Ice Bath Benefits and Features

Ice baths, also known as cold water immersion or cryotherapy, have gained popularity as a therapeutic practice for individuals seeking accelerated recovery and enhanced physical well-being. This age-old method involves immersing the body, or specific parts of it, in cold water, often after intense physical activity. The concept is rooted in the principle of leveraging cold temperatures to induce physiological responses that may aid in reducing muscle soreness, speeding up recovery, and promoting overall health. Whether embraced by elite athletes or fitness enthusiasts, the practice of ice baths is becoming more and more popular due to its potential benefits for both physical and mental well-being.



Reduced Muscle Soreness

Ice baths may help reduce muscle soreness and inflammation. The cold temperature constricts blood vessels and decreases metabolic activity, which can help alleviate soreness and speed up the recovery process after intense physical activity.



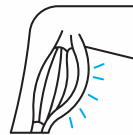
Pain Relief

Cold therapy has been used for centuries as a natural pain reliever. Ice baths may help in numbing nerve endings, which can result in temporary pain relief.



Faster Recovery

Athletes often use ice baths as a recovery tool to speed up the healing process after strenuous exercise. The cold water immersion reduces muscle inflammation and accelerates repair. It's like a turbo boost for recovery.



Reduction of Swelling

Cold water immersion can constrict blood vessels and reduce swelling and edema in injured or inflamed tissues. This is why ice packs are often recommended for acute injuries.



Improved Circulation

Ice baths trigger blood vessels to contract and expand, boosting blood flow and oxygen delivery. It's like a burst of life to your body!



Mental Well-being

The shock of cold water can stimulate the release of endorphins, which are natural mood lifters. Some individuals find that cold exposure, including ice baths, contributes to a sense of alertness and well-being. Imagine it as a refreshing mental reset.



Stainless steel frame with side and seat supports



Circulation Pump



High density lockable cover



Ozone system – ultimate water management system

It's important to note that while many people find ice baths beneficial, individual responses can vary, and there is ongoing research to better understand the mechanisms and optimal protocols for cold water immersion. Additionally, it's crucial to follow proper guidelines and consult with a healthcare professional, especially for individuals with certain medical conditions prior to using an ice bath.



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