



ICE BATHS

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Discover the transformative power of ice immersion with our ICE BATHS. In a world where wellness takes center stage, the ancient practice of cold exposure is making a triumphant return, and we invite you to join the revolution. Our brochure serves as your gateway to the invigorating realm of ICE BATHS, where the chill of the water meets the warmth of rejuvenation.

Immerse yourself in the age-old tradition of cold therapy, celebrated for its myriad of health benefits. From enhanced circulation to heightened mental clarity, our ICE BATHS offer a holistic approach to well-being. Dive into a world where the frigid embrace of the water becomes a catalyst for physical recovery and mental resilience.

ALL-IN-ONE-ICEBATH



ICE TUB



FASTER RECOVERY TIME

By reducing muscle soreness, an ICE BATHS may help you recover faster and will result in less muscle pain the day after the workout.

DECREASE INFECTIONS

Cold water may help reduce infections in the body, which can be beneficial for individuals with chronic inflammation or conditions such as arthritis.

IMPROVE BLOOD CIRCULATION

Cold water immersion stimulates blood flow and this improve circulation, which helps lower your blood pressure, relax blood vessels and improve the flow of oxygen-rich blood.

ICE BATHS ARE IDEAL FOR?

ICE BATHS are Ideal for most individuals, be that as it may we suggest to require a cautious approach and we would prompt that individuals with decreased health or cognitive capacities.

It is not recommended that a pregnant woman uses an ICE BATH. Unless a medical specialist has first been spoken to and approval has been given.

Children must be supervised around the ICE BATHS to ensure that they do not play with the equipment or perform actions that should be performed by adults (cleaning cycles/maintenance). Always keep the cover on when the ICE BATH is not in use. Small children are not allowed to use an ICE BATH without supervision of an adult.

Anyone under therapeutic care, such as those with heart disease, diabetes, high or low blood weight or other wellness problems, should also not use the ICE BATHS without first consulting their specialist.

USE OF THE ICE BATHS

How long you can stay in cold water without getting hypothermia depends on your experience, water temperature, body size and shape, and level of cold adaptation, among other things.

Start safe, short dips of max. 20 seconds are useful to learn what your limits are. If you begin to feel uncomfortable or you start to shiver, listen to your body, get out and slowly warm up (by for instance walking around). If you wish, you can check the water temperature before entering the bath to ensure it is appropriate for your cold exposure experience. Water temperature is displayed on the control panel by default and is adjustable. As you gain more experience you can have longer and longer sessions.


ALL-IN-ONE-ICEBATH



 **1 SEAT**

 **400 KG**

 **180 x 74 x 75 CM**

 **3 - 40 °C**

SPECIFICATIONS

SHELL:	STAINLESS STEEL
OUTSIDE TOP:	TEAK
DRY WEIGHT:	125 KG
FULL WEIGHT:	525 KG
POWER REQUIREMENT:	220 - 240v 50Hz/60Hz/13A
CIRCULATION PUMP:	0.3 HP
CHILLER:	7.5A - 10A
OZONE:	YES
FILTRATION SYSTEM:	YES
ALUMINIUM CABINET:	BLACK
COVER:	YES



ICE TUB



-  **1 SEAT**
-  **500 KG**
-  **2 JETS**
-  **212 x 102 x 81 CM**
-  **5 - 40 °C**

SPECIFICATIONS

ACRYLIC SHELL:	ARISTECH
DRY WEIGHT:	140 KG
FULL WEIGHT:	640 KG
TOTAL JETS:	2 PIECES
POWER REQUIREMENT:	220 - 240v 50Hz/60Hz/15A
CONTROL SYSTEM:	BALBOA
CIRCULATION PUMP:	0.3 HP
CHILLER:	7.5A - 10A
OZONE:	YES
LED LIGHTNING:	YES
FILTRATION SYSTEM:	YES
FRAME:	PRESSURED CHEMICAL TREATED WOOD
SYNTHETIC CABINET:	GRAPHITE
ISOLATION:	CFC FOAM
BASE:	ABS BASE
COVER:	YES



OPTIONS

- ✓ **STEPS**
- ✓ **WIFI**
- ✓ **SAFETY HANDLE**
- ✓ **TOWEL RING**



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