

# CHILL TUBS<sup>°</sup>





## EMBRACE THE COLD

**Unlock your potential. Break through mental barriers. Feel invigorated.**

**A Chill Tub will change your outlook on life and allow you to break through your own boundaries and make you feel you can take on the world.**

An ice tub is a recovery technique used by athletes and individuals looking to reduce muscle soreness and inflammation after physical activity. Some potential benefits of taking an ice tub include:

### **Reducing muscle soreness**

Cold water immersion can help reduce muscle soreness by constricting blood vessels and reducing inflammation.

### **Improving recovery time**

By reducing muscle soreness, an ice tub may also help athletes recover faster and be ready for their next workout or competition.

### **Decreasing inflammation**

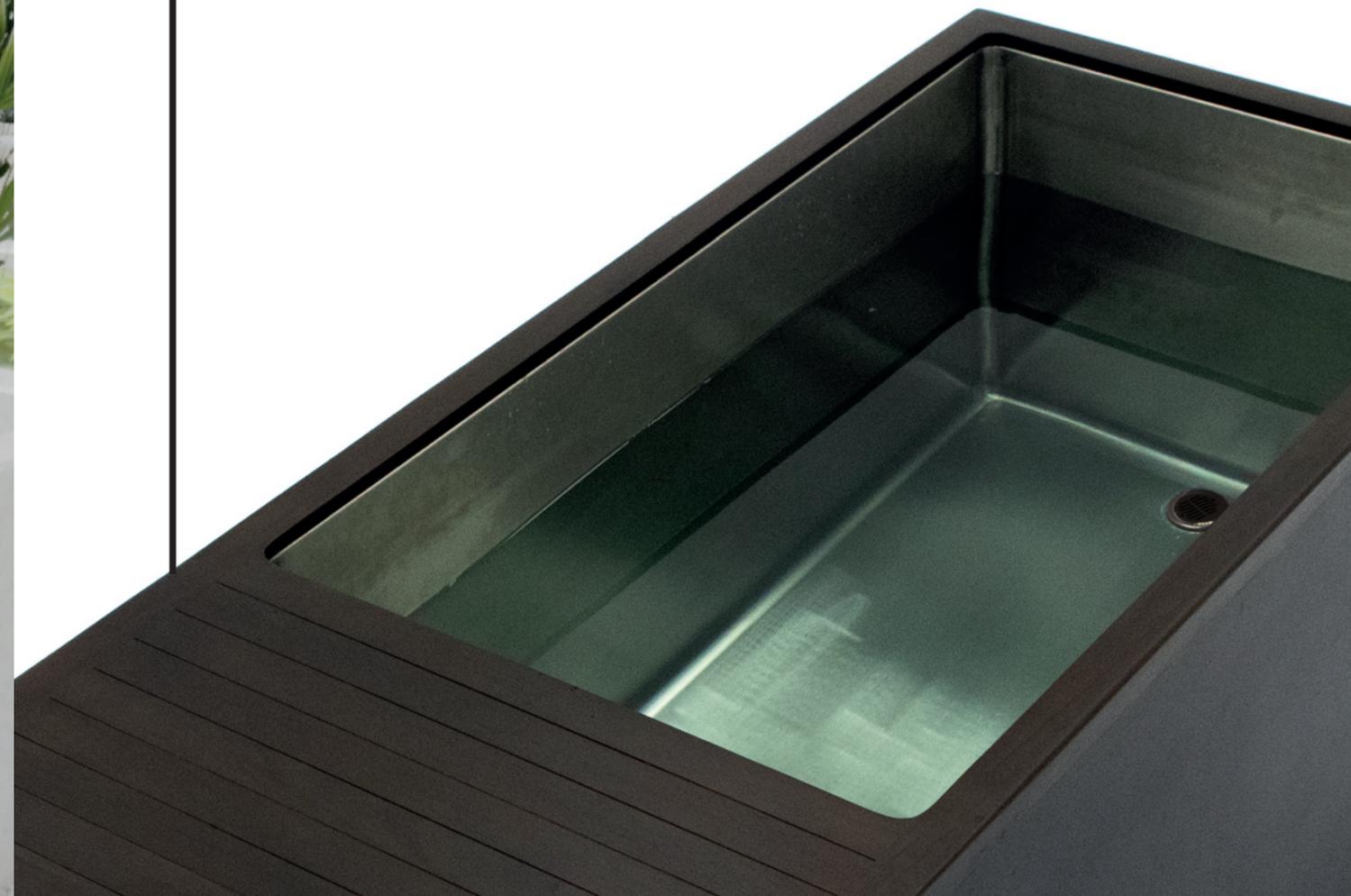
Cold water immersion may help reduce inflammation in the body, which can be beneficial for individuals with chronic inflammation or inflammatory conditions such as arthritis.

### **Improving circulation**

Cold water immersion can stimulate blood flow and improve circulation, which may help with recovery and reduce the risk of injury.

It's important to note that ice tubs are not suitable for everyone and can be uncomfortable or even dangerous for some individuals. It's always best to consult with a healthcare professional before starting any new recovery routine.

**Start your cold journey with Chill Tubs.**



# PREMIUM MATERIALS



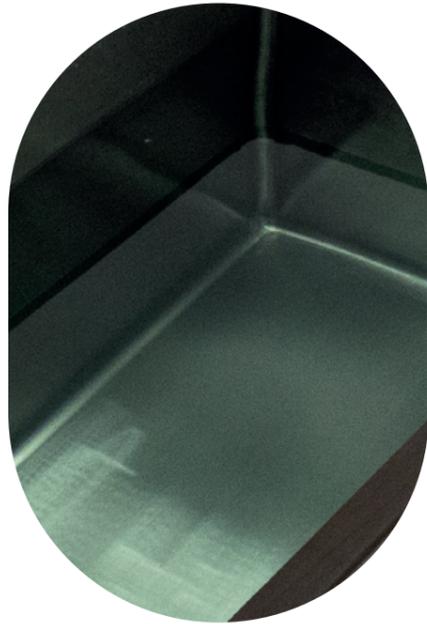
Stainless Steel



Teak Top



Black Aluminium Surround



Ozone and Filtration systems

# ICE TUB SPECIFICATIONS

## Power Supply

13 Amp /  
220v-240vz  
50/60hz

## Materials

Stainless  
Steel 304,  
Aluminium, Teak

## Dry Weight

125kg

## Water Capacity

400 litres

## Temperature

Settings as low  
as 3° degrees

## Dimensions

- 1 730mm
- 2 750mm
- 3 1800mm
- 4 1200mm



## Draining

Hose Pipe  
connection

## Antifreeze function

Prevents the formation  
of ice or frost

## Ozone + Filtration

Built in ozone and filter  
system for clear water

## Cover Included

Insulated for reduced  
running costs

# HOW TO SET UP YOUR ICE TUB



1

To fill the ice tub, simply put a garden hose into it. The tub will be completely filled in approximately 45 minutes



2

Plug in your ice tub to a 13amp plug socket and set the desired temperature on the control panel



3

Within a few hours you will be able to start enjoying your new ice tub cold water therapy



4

We strongly suggest you empty your water every 8 - 12 weeks and repeat these first three steps

# COLD WATER THERAPY

An ice tub is a therapeutic treatment that can provide a range of health benefits.

Some of the benefits of an ice tub include:



Reducing muscle soreness



Improving recovery time



Decreasing inflammation



Improving circulation



## Norepinephrine Boost

Cold exposure can significantly increase the production of norepinephrine in the body, with a consistent increase of 200-300% that does not diminish over time. The colder the temperature, the more pronounced the body's response to the increase in norepinephrine production. In fact, a 20-30 second immersion in near freezing water can elicit the same level of increase as a 6 hour walk in 16°C weather.

## Protein Power

Cold exposure can stimulate the production of a protein called PGC-1 alpha, which can increase metabolism at a cellular level. PGC-1 alpha is being targeted by pharmaceutical companies in the development of treatments for obesity, diabetes, and cardiomyopathy. In muscle tissue, the increased energy released from the production of PGC-1alpha can improve aerobic capacity and endurance, as well as increase resistance to fatigue.

## Increased Killer T Cells

Cold water immersion, particularly in the winter, can challenge the immune system and the way hormones communicate with the body. Studies have shown that regular winter swimmers experience adaptive reactions, including an increase in the production of the antioxidant glutathione. Just a few cold water sessions over a 6 week period can increase the number of lymphocytes, a type of immune cell. Some research has even found that males exposed to 4°C for 30 minutes had an increased number of "killer T cells," which are cells that help to eliminate viruses. These findings suggest that cold water immersion may have immune-boosting effects on the body.

## Immune Boost

There is widespread anecdotal evidence that suggests that cold water immersion can boost the immune system. Many people report feeling healthier and less prone to illness after regularly taking ice tubs. While the immune system is complex and difficult to study, it is believed that the cold can help to adapt and harden the body to disease and infection. Despite the lack of robust scientific studies on this topic, many people believe in the immune-boosting benefits of cold water immersion.



# MAINTENANCE

**Maintaining your ice tub keeps it clean and hygienic, while also protecting it from damage. If you want to keep it clean, you should combine both prevention and treatment to protect it.**

## **Filter Change**

The filter should be replaced every three months

## **Filter Clean**

Clean the filter once a month

## **Cleaning the Ice tub**

We recommend cleaning the ice tub with soapy water or hot tub surface cleaner. We do not recommend household cleaning products

# WARRANTY

**Our Chill Tubs warranty provides coverage for defects in workmanship and defects or malfunctions that arise during normal use conditions for a period of 2 years from the date of delivery.**

This warranty applies only to non-commercial, residential use of the Chill tub and plunges and only to the original purchaser or original owner if the product was purchased as a gift. The warranty does not cover damage resulting from the addition of chemicals to the water, neglected filter care and replacement, power outages, low water flow, restricted air flow, or any other form of neglect, misuse, or abuse. There may be other exclusions to this warranty, as described in the Limited Warranty. It is important to carefully read and understand the terms of the Limited Warranty in order to fully understand the coverage provided.



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To find out more about Chill Tubs please  
contact [sales@superiorwellness.co.uk](mailto:sales@superiorwellness.co.uk)