



[WWW.HOTTUBSLTD.COM](http://WWW.HOTTUBSLTD.COM)

## ICE MAN TUBS

SCIENTIFICALLY PROVEN HEALTH BENEFITS

Thanks to Wim Hof, better known as The Iceman, cold water has recently become more popular than ever. His unique method is based on three pillars: cold training, breathing and focus. His method is basic: first you set an intention and then you step into your IceMan Tub. Try to relax and use breathing techniques to keep it going.

COMING IN  
JANUARY

BOOK  
NOW TO  
AVOID  
MISSING  
OUT!



THE ALPS



THE EVEREST



THE KILIMANJARO



THE MONT BLANC

See overleaf to find out more on the scientifically proven benefits of taking an ice bath.



## Scientifically proven benefits of taking a ice bath.

### Increased alertness

A cold bath immediately turns you 'sharp'! Research shows that an ice bath results in an increased heart rate, higher blood pressure and faster breathing. The ingredients for increased alertness! It is like when you take a cold shower, your muscles tense. That causes vasoconstriction. This raises your blood pressure and 'hydrostatic pressure', causing your heart to pump faster and more blood to go to your muscles. In this way the blood brings different substances to the right places in the body. Think of oxygen, vitamins, minerals, glucose and fatty acids. At the same time, waste is removed. And the blood circulation is important for fluid balance, growth and the physical defense system.

### Better mood

Do you want to have a better mood? Take an ice bath! The researchers stated that exposure to cold water increases the availability of neurotransmitters such as norepinephrine and endorphins. People would therefore be in a better positive mood.

### Stronger immune system

Other research shows that people who take an ice bath every day are 29% more likely to keep healthy. More than 3000 people participated in this study.

### Cool down faster after exercise

Quicker cool down after exercise? Then take an ice bath after your workout! Research has shown that your body warms up a lot faster this way. And as a bonus, it can also help reduce inflammation.

### Pain Relief

Putting an ice pack on a painful body part is nothing new. The cold causes the swelling to go down. But it also slows down the speed at which nerves send pain signals to the brain. An ice bath will work in the same way for pain relief.

### Faster recovery

Soaking first in warm water and then in cold water will improve recovery of muscles and recovery of energy quickly



#### THE ALPS

Size (cm)	117 x 86 x 118
Size incl. steps (cm)	154 x 86 x 118
Capacity (liter)	150
Dry Weight (kg)	175
Full Weight (kg)	325
Temperature until +3°C	
Electrical System	
Voltage	230V/50Hz
Amperage	
Low soundlevel	54 dB
Filtration System	Standard
Chiller	1.3 kW



#### THE KILIMANJARO

Size (cm)	130 x 100 x 108
Size incl. steps (cm)	185 x 100 x 108
Capacity (liter)	150
Dry Weight (kg)	100
Full Weight (kg)	250
Temperature until +3°C	
Electrical System	
Voltage	230V/50Hz
Amperage	
Low soundlevel	54 dB
Filtration System	Standard
Chiller	1.3 kW



#### THE EVEREST

Size (cm)	118 x 83 x 112
Size incl. steps (cm)	168 x 83 x 112
Capacity (liter)	200
Dry Weight (kg)	145
Full Weight (kg)	345
Temperature until +3°C	
Electrical System	
Voltage	230V/50Hz
Amperage	
Low soundlevel	54 dB
Filtration System	Superior
Chiller	1.3 kW



#### THE MONT BLANC

Size (cm)	305 x 228 x 110
Size incl. steps (cm)	305 x 278 x 110
Capacity (liter)	1900
Dry Weight (kg)	450
Full Weight (kg)	2350
Temperature until +3°C	
Electrical System	
Voltage	230V/50Hz
Amperage	
Low soundlevel	54 dB
Filtration System	Superior
Chiller	1.3 kW