

## Getting in touch

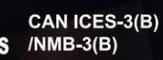
For more information please speak to our friendly and dedicated team members



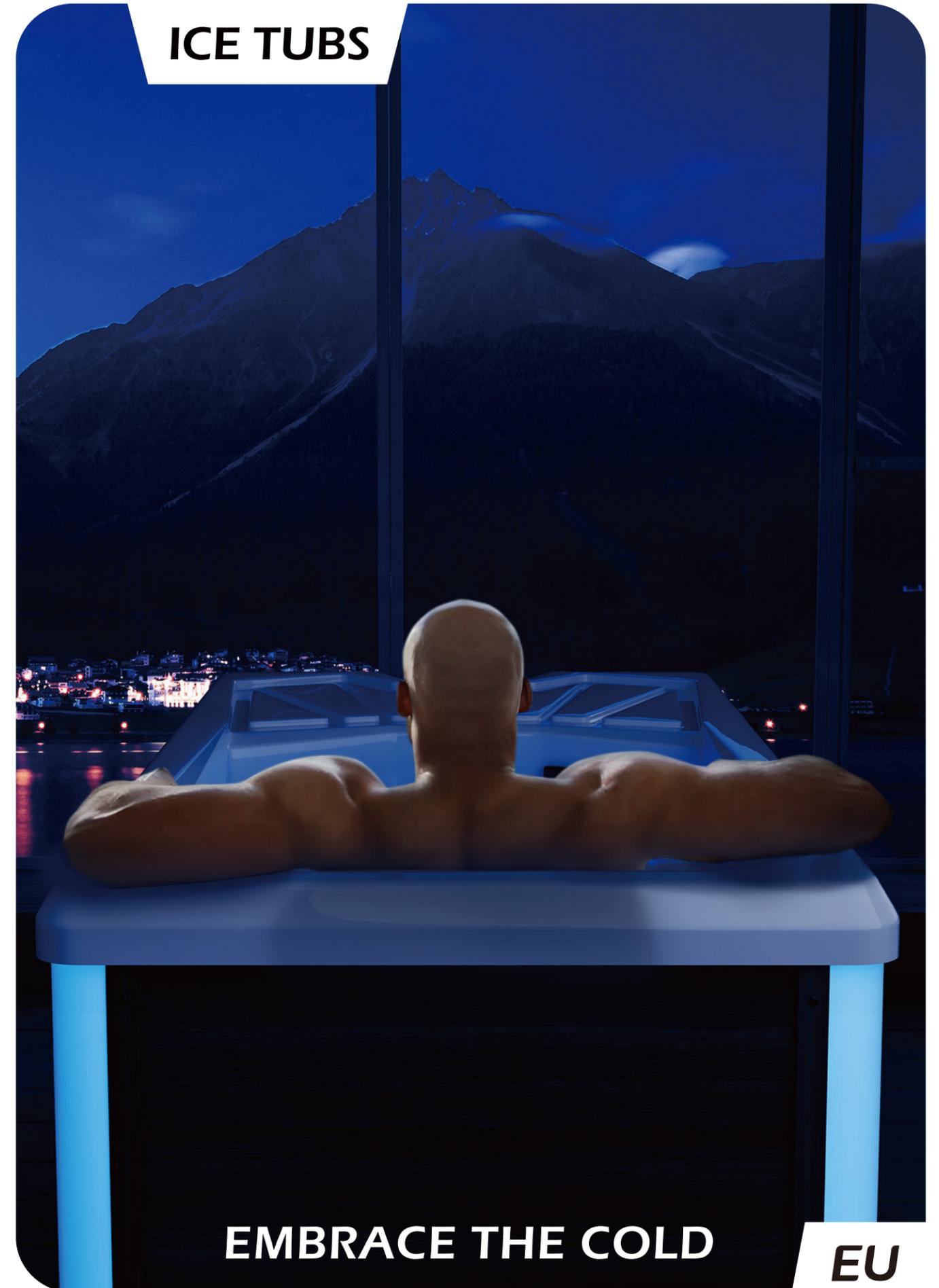
[www.virpolspas.com](http://www.virpolspas.com)

**VIRPOLSPA®**

Retailer information

## ICE TUBS



**EMBRACE THE COLD**

**EU**



01

Experience the benefit of a Cold Water Immersion (CWI) with the Virpol® Spas Iceland Cold Plunge Tub. With this tub, you can chill your water to as low of 3°C or heat it to as warm as 40°C.



02

With LED lights inside the tub and on the outside panel, you can enjoy ambiance while recovering in one stylish unit.



03

The installation of this Plug and Play tub is ever so easy. Simply drop it in place, fill with water, set the temperature and enjoy the benefits of CWI with Virpol® Spas Iceland.

## EMBRACE THE COLD

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

**An Ice 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.**

Cold water therapy 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, the 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.

### Improving immune system

The shock of cold water can stimulate the blood cells that fight off infection.

### Fighting depression and anxiety

Increasing the production of a neurotransmitter called norepinephrine, as a result, cold therapy can produce a feeling of calm, happiness, and well-being, which can support the mitigation of mental health symptoms such as depression and anxiety.

It's important to note that the Ice Tub is 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 the Ice Tub.**





# RETHINK RECOVERY

## Enhancing Athletic Performance and Recovery.

### Improve your performance

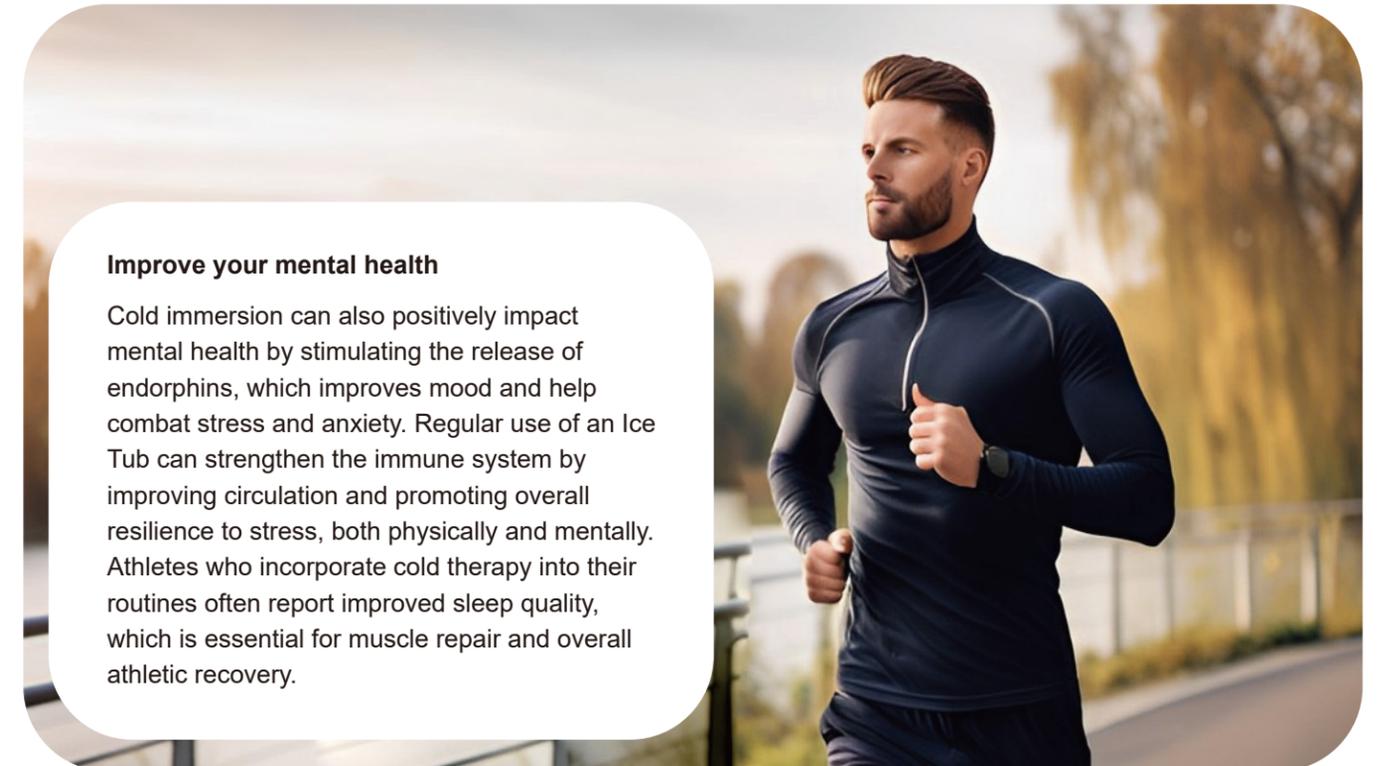
Using an Ice Tub offers numerous health and wellness benefits, particularly for athletes and sports enthusiasts. Cold-water immersion is a widely recognized recovery technique that helps reduce muscle soreness and inflammation after intense physical activity. The rapid cooling effect of the Ice Tub constricts blood vessels, reducing blood flow to the affected areas. This helps to minimize swelling and flush out metabolic waste, such as lactic acid, which accumulates during exercise.

### Speed up your recovery time

For athletes, the recovery process is crucial for maintaining high performance. Using an Ice Tub can speed up recovery time, allowing athletes to return to training or competition more quickly. It also enhances muscle relaxation and reduces the perception of fatigue, which helps in overall performance improvement.

### Improve your mental health

Cold immersion can also positively impact mental health by stimulating the release of endorphins, which improves mood and help combat stress and anxiety. Regular use of an Ice Tub can strengthen the immune system by improving circulation and promoting overall resilience to stress, both physically and mentally. Athletes who incorporate cold therapy into their routines often report improved sleep quality, which is essential for muscle repair and overall athletic recovery.



# QUICK SET UP

**Before installing the Ice Tub, please ensure that there are no obstacles on the outside of the vents on the side of the chiller/fan.**

If there are obstacles blocking the vents, it will cause the compressor to self-protect and the Ice Tub water temperature can not drop. Once your Ice Tub is in a position you are happy with, please leave it laid flat for 24 hours for the refrigerant to settle in

the compressor(Ice Tub are the same as a refrigerator or freezer and the gas needs to settle before use).

**The Ice Tub can then be filled with water but it should not be turned on for 24 hours.it is essential that you read the entire manual and pay close attention to the safety information before use.**



# 1

Simply place a garden hose into it. The tub will be completely filled in approximately 15-30 minutes, depending on water pressure. For the Ice Tub Pro fill via filter housing



# 2

Plug in your tub to a 10amp 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





## Chilland

COLD PLUNGE  
210 x 110 x 80cm

Acrylic colour



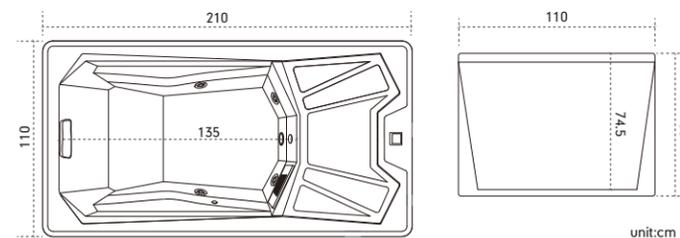
Ice white

Side cover colour



grey

Model	RL-CT210
Weight	200KGS
Power required	1 x 10A 230V/50Hz
Frame	WPS / Aluminium alloy
Quantity of water	530L
Lying / sitting places	1 person
Jets	4pcs
Colors	Glacier white/gray
Tub Insulation	Included
Water filtration	1 superfine filter cartridge, UV system
Connection	Plug & Play
Cooling Unit	R32 cooling/Heat pump
Underwater LED light	1pc
Corner LED lights	4pcs
Pillow	1pc
Cover & Step	Included
Loading	28pcs/40GP



## Chilland Duo

COLD PLUNGE / HOT TUB  
210 x 210 x 80cm

Acrylic colour



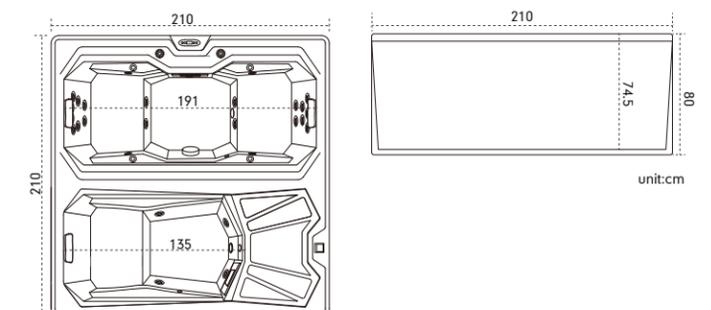
Ice white

Side cover colour



grey

Model	RL-CT230
Weight	300KGS
Power required	1 x 10A 230V/50Hz    1 x 13A 230V/50Hz
Frame	WPS / Stainless steel / Aluminium alloy
Quantity of water	1050L
Lying / sitting places	3 person
Colors	Glacier white/gray
Tub Insulation	Included
Water filtration	1 superfine filter cartridge, UV system
Connection	Plug & Play
Cooling Unit	R32 cooling/Heat pump
Heating unit	2KW
Water pump	2P two-speed pump
Jets	21pcs
Underwater LED light	2pcs
Corner lights	4pcs
Pillow	3pcs
Cover & Step	Included
Loading	14pcs/40GP





## Roomy

COLD PLUNGE  
210 x 110 x 80cm

Acrylic colour



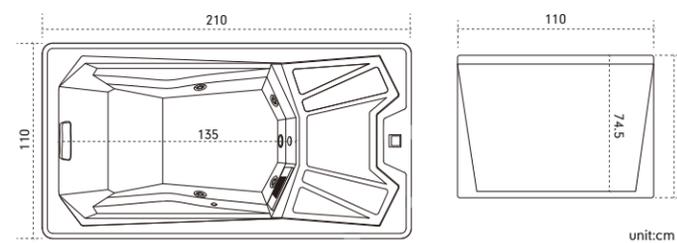
Ice white

Side cover colour



grey

Model	RL-CT220
Weight	200KGS
Power required	1 x 10A 230V/50Hz
Frame	WPS / Aluminium alloy
Quantity of water	530L
Lying / sitting places	1 person
Jets	4pcs
Colors	Glacier white/gray
Tub Insulation	Included
Water filtration	1 superfine filter cartridge, UV system
Connection	Plug & Play
Cooling Unit	R32 cooling/Heat pump
Underwater LED light	1pc
Corner LED lights	4pcs
Pillow	1pc
Cover & Step	Included
Loading	28pcs/40GP



## lightland

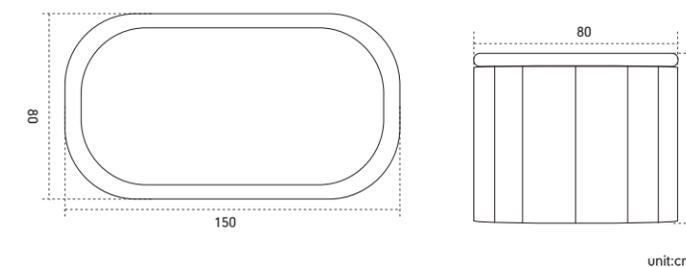
INFLATABLE COLD PLUNGE  
150 x 80 x 65cm

Colour



Black

Model	RL-CT250
Net weight / Water volume	50kg / 250L
Power requirement	1 x 10A 230V/50Hz + P&P EU
Cooling Unit	R32 cooling/Heat pump
Control panel	Heat pump included
Cartridge filter	1 x Inline filter
Thermo cover	Included





## Restore

COLD PLUNGE  
118 x 83 x 112cm

### Colour



Black

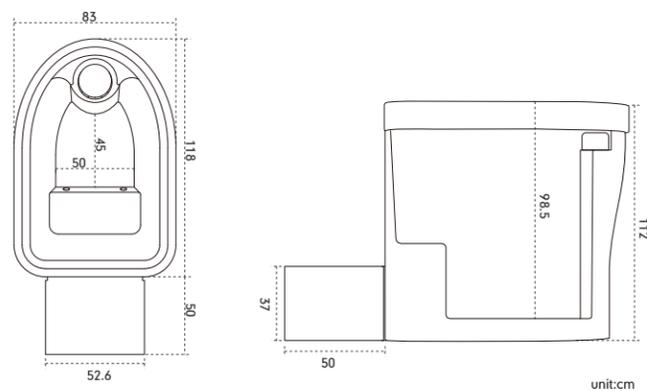


Grey



Blue

Model	RL-CT240
Water volume	200L
Power required	1 x 10A 230V/50Hz
Lying / sitting places	1 person
Materials	Roto mould
Water filtration	1 superfine filter cartridge, UV system
Connection	Plug & Play
Cooling Unit	R32 cooling/Heat pump
Loading	54/40HQ



## Basic

COLD PLUNGE  
165 x 76 x 76cm

### Colour



Black

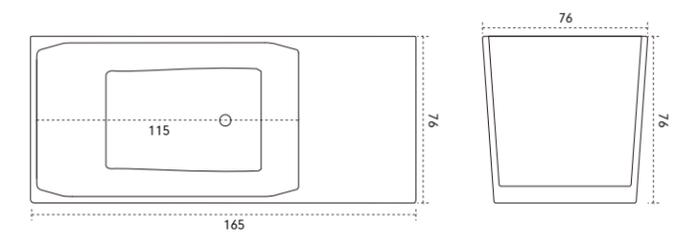


Grey



Blue

Model	RL-CT260
Weight	85.27KG
Power required	1 x 10A 230V/50Hz
Materials	Roto mould
Water capacity	550L
Temperature	Setting as low as 3° degrees or as high as 40° degrees
Draining	Hose pipe connection
Antifreeze function	Prevents the formation of ice or frost
Water filtration	1 superfine filter cartridge, UV system
Cooling Unit	R32 cooling/Heat pump
Cover included	Insulated for reduced running costs
Lighting	Base LED lightcosts
Loading	63/40HQ



unit:cm



# 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

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



## Improving circulation

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



## Improving your recovery time

By reducing muscle soreness, the Ice Tub may also help athletes recover faster and be ready for their next workout or competition.



## Improves immune system

The shock of cold water can stimulate the blood cells that fight off infection.



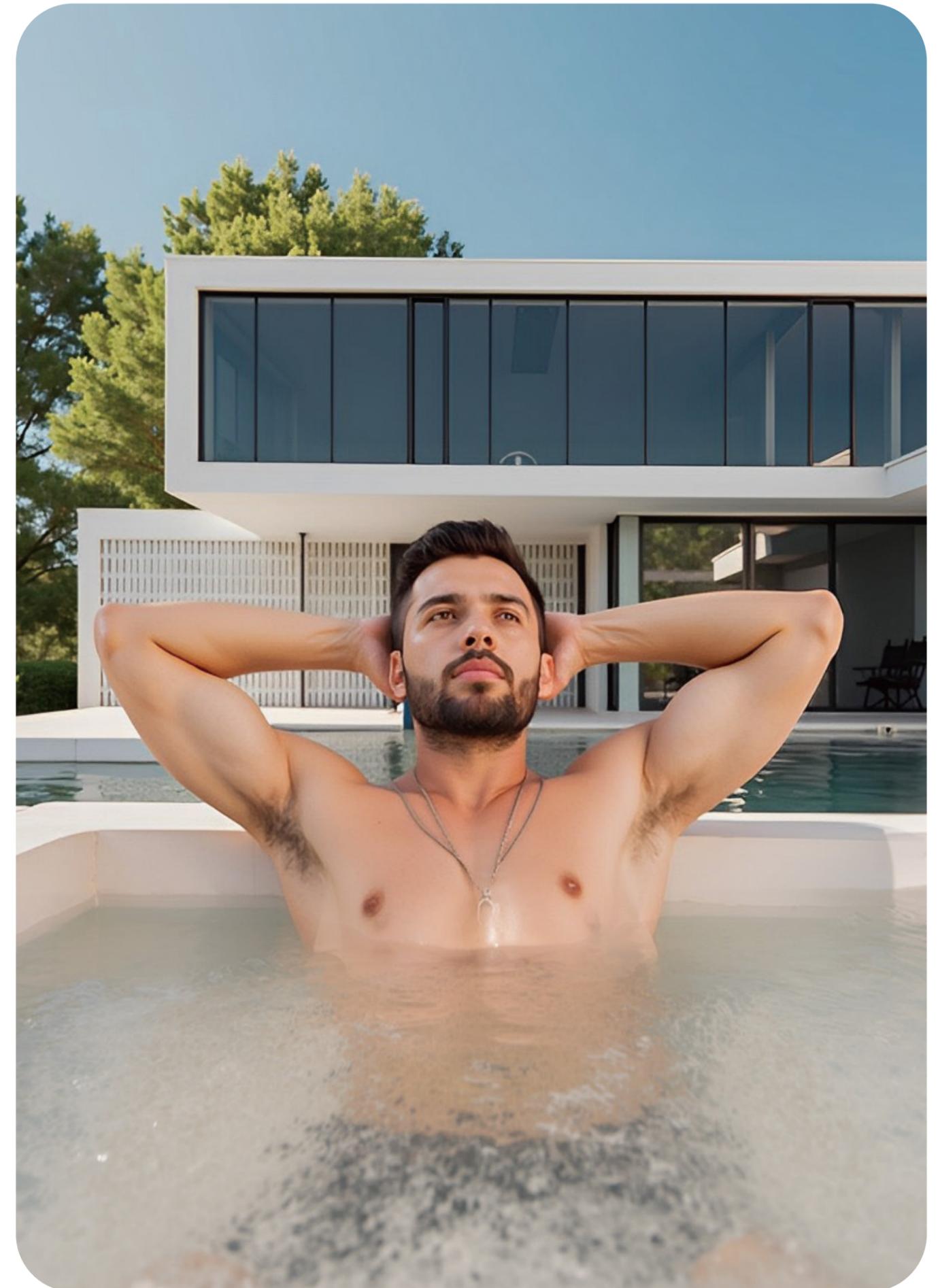
## Decreasing inflammation

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.



## Fights depression and anxiety

Increasing the production of a neurotransmitter called norepinephrine, as a result, cold therapy can produce a feeling of calm, happiness, and well-being, which can support the mitigation of mental health symptoms such as depression and anxiety.



# HEALTH BENEFITS

## 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 60°F 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 39°F 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.



# WARRANTY AND REPAIRS

## Our Ice Tub 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 to commercial and residential use of the Ice Tub 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, (excluding our recommended Virpol® Spas Sanitizer) 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.

### Warranty Limitations

- The warranty period starts upon delivery of the Ice Tub
- The warranty does not cover damage caused by misuse, lack of maintenance, or lime scale deposits, Chemical abuse or poor water chemistry, Virpol® Spas

reserves the right to replace the defective parts with factory or re-manufactured parts.

- Virpol® Spas is not responsible for any damage caused by alterations or modifications by the consumer.
- The warranty of the Ice Tub does not cover defects, damage or failure caused by the common carrier, installer, user or other persons, pets or rodents, or resulting from, without limitation, any of the following: careless handling (lifting unit by plumbing, abrading finish, etc) including its own negligence; modification of any type for any reason) including modification to meet local codes); Improper installation (including installation not in accordance with instructions and specifications provided with the unit); connections supplied by the installer of the equipment; improper voltage supply or unauthorized electrical modification; misuse; incorrect operation, or lack of proper routine maintenance; operation of the unit without specified minimum amount of water or at inappropriate water temperature; use of abrasive or improper cleaners; or acts of God, such as lightening, floods, earthquakes etc.
- In addition, Virpol® Spas will not be responsible for incidental or consequential damages or losses arising from any cause (e.g. water damage to carpet, ceiling, tiles, marbles, loss of use etc.) including its

own negligence resulting from chemicals/misuse are used in the unit or hard water conditions; optional equipment not manufactured by the company but supplied with the dealer, installer or Company; the units prior usage as an operational of display; or defects that should have been discovered before installation.

- This warranty does not include labor, transportation, crane, or any other costs incurred in the removal and or re-installation of the original unit and/or installation of a replacement unit; any costs relating to obtaining access for repair; or loss of use damage, including loss of sales, profit, or business under any circumstances. Ice Tub units are excluded of any warranty coverage if any addition, deletion, or modification of any kind whatsoever has been made to the unit (or to any component).
- The warranty does not cover defects of damage due to normal wear and tear, improper installation, alterations without the manufacturer written consent, accident, misuse, abuse, commercial or industrial use, the use of an accessory not approved by the manufacturer, failure to follow the user manual, or repairs made or attempted by anyone other than an authorized representative of the manufacturer.
- Virpol® Spas will not provide compensation for delays in resolving warranty claims, or loss of use whilst the claim is in process.

### Registering the product warranty

- All products require registering using the product registration form within 7 days of installation. Failing to register may invalidate the warranty. Please fill in all information requested. To register your Ice Tub. Please go to [www.virpolspas.com](http://www.virpolspas.com)

### Extent of Warranty

- This warranty extends only to the original consumer purchaser of the Ice Tub when invoiced and delivered. The warranty terminates upon any transfer of ownership prior to the expiration of the warranty period, Any modifications to the Ice Tub will void the warranty.

### How to make a claim

- If you are a Virpol® Spas retailer making a claim on behalf of your customer, please log a claim using the warranty portal on the CRM.

If you are a Virpol® Spas customer, please contact your Virpol® Spas retailer who will make the claim on your behalf.

