

Start your journey to faster recovery with Wellness Ice Baths.

Whether you want to reduce muscle soreness, alleviate inflammation, or enhance your overall health, our ice baths provide a natural and effective way to revitalise your body and mind.



REDUCE

Alleviate Inflammation & Swelling

Wellness Ice Baths
can help reduce
inflammation and
swelling, making it easier
for your body to recover
after exercise or injury.
The cold water helps
soothe sore muscles and
may ease discomfort
from everyday aches.



RELIEVE Reduce Muscle Soreness

Wellness Ice Baths can help relieve sore muscles, making it easier to bounce back after exercise or a long day. The cold water helps take the edge off muscle aches and may even reduce intensity of post-workout soreness.



RECOVER

Bounce Back Quicker

Wellness Ice Baths are an excellent way to accelerate your recovery after exercise or a demanding day.

The cold water revitalises your body, soothes tired muscles, and boosts circulation, helping you feel refreshed.



REVITALISE

Support Immunity & Overall Health

Wellness Ice Baths can enhance your overall vitality, leaving you feeling refreshed and energised. Regular ice baths may boost your body's natural resilience and can provide a mental lift, helping you manage stress and feel more focused.

The health benefits mentioned are general in nature and may vary between individuals. Please consult a healthcare professional before use, and always follow safety guidelines to avoid potential risks.

Dimensions: 2100 x 1100 x 750mm

Seats: 1

Capacity: 630L

Plug & Play Power: 10amp 240V

- Integrated 3 kW heat pump
- √ WiFi enabled
- √ Ozone & UV filtration
- Insulated hard cover
- Premium lighting
- 2 Year Equipment & Cover Warranty
- 5 Year Structural Warranty

Cooling / heating temperature range between 3° to 40° Celsius. Depending on surroundings.





