

COLD PLUNGE

Experience the
all-new Brrr-illiant
cold therapy
immersion tub

Reset, Recharge, Revive. Your body will thank you!

The Baltic Cold Plunge therapy tub can be used with our electric chiller unit or you can keep the water cold by adding ice into the water as needed. This cold therapy barrel completes our sauna collection made with Eastern White Cedar and is shipped assembled and ready to use. The tub is made with a plastic HDPE liner and stainless steel bands on the outside, upgrade the cold tub with our optional accessories.



BENEFITS OF COLD PLUNGES

- decrease inflammation
- elevate endorphins
- spike dopamine
- improve sleep and mood
- reduce stress
- help remedy aches and pains
- boost injury recovery
- reduce swelling
- potentially increase testosterone
- promote lymphatic drainage
- accelerate metabolism



SNAKE RIVER
POOL & SPA ♦ PATIO & GAME
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