

Why PolarSpa?

Rediscover the art of refreshing rejuvenation with the PolarSpa. Elevate your wellness routine, recover after an intense workout, or simply revel in the invigorating sensations that only a plunge into icy waters can provide.

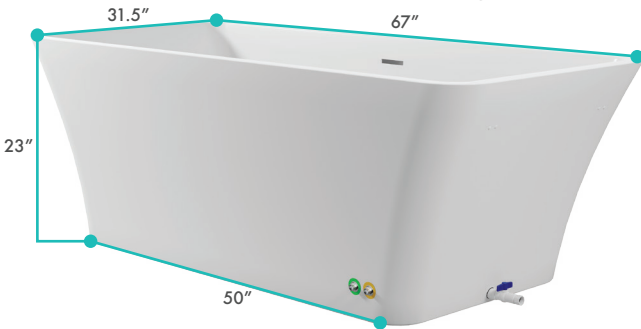
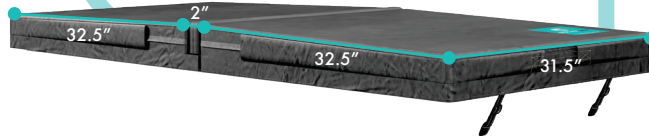
Key Features:

- Therapeutic Revival
- Premium Craftsmanship
- Easy Temperature Control (via control panel or APP)
- Seamless Installation
- Versatile Elegance
- Alternate between hot and cold
- Affordable pricing (with financing options available)

Included in the kit:

- Acrylic Freestanding Tub
- Tub Cover
- Chiller
- Hoses & fittings

Product Dims



Optional:
Chiller Cover (sold separately)

Behind the PolarSpa

At PolarSpa, our commitment is to redefine the landscape of wellness, elevating the human spirit through the transformative power of cold immersion. With a focus on pushing boundaries, fostering physical rejuvenation, and cultivating mental resilience, we are devoted to delivering an unparalleled cold plunge experience.

Backed by over two decades of industry expertise, our parent company, Pulse ShowerSpas, has been at the forefront of creating innovative products that bring the spa experience to the comfort of your home. We adhere to stringent production guidelines to ensure the highest quality in all our products. Rest assured, our meticulously designed and crafted products reflect our unwavering dedication to excellence.

Embark on a journey with us as we delve into a realm of icy serenity, igniting the flame of inner strength and paving the way to enduring wellness.



Dive into Wellness with Our Cold Plunge Experience



Top 10 Cold Plunging Benefits

- 1. Accelerated Muscle Recovery:** Cold plunging reduces inflammation and promotes faster muscle repair.
- 2. Improved Circulation:** Cold water immersion enhances blood flow, delivering more oxygen and nutrients to muscles.
- 3. Increased Energy Levels:** The shock of cold water can boost alertness and energy levels, providing a natural pick-me-up.
- 4. Enhanced Mood:** Cold exposure triggers the release of endorphins, promoting feelings of well-being and reducing stress.
- 5. Immune System Boost:** Cold plunging may strengthen the immune system by activating immune cells and improving circulation.
- 6. Calorie Burn:** The body works harder to maintain a stable temperature in cold water, potentially aiding in calorie burning.
- 7. Better Sleep Quality:** Cold water can stimulate melatonin production, regulating the sleep-wake cycle and improving overall sleep quality.
- 8. Increased Metabolism:** Regular cold plunging may boost metabolism, contributing to weight management efforts.
- 9. Skin Health:** Cold water can tighten pores, improve skin tone, and promote a healthy complexion.
- 10. Stress Reduction:** Cold immersion induces a stress response, teaching the body to adapt and potentially reducing overall stress levels.



3 Key Factors When Plunging

- 1. Temperature Matters:** Cold plunging involves immersing in water colder than normal body temperature, typically ranging from 50 to 59 degrees Fahrenheit (10 to 15 degrees Celsius). This induces a stress response without reaching hazardous levels.
- 2. Duration & Frequency*:** Cold plunge sessions typically begin with short durations, around 1 to 3 minutes, gradually increasing as the body adapts. Frequency varies, with some opting for daily plunges, while others incorporate it a few times a week.
- 3. Breathing Techniques:** Controlled breathing is essential during a cold plunge. Deep, slow breaths manage the body's stress response, prevent hyperventilation, and promote calm. Techniques combining specific breathing patterns with cold exposure can enhance the cold plunge experience.



5 Benefits of a Warm Bath

- 1. Relaxation & Stress Reduction:** A warm bath induces a sense of relaxation, helping to alleviate stress and tension. The warmth soothes muscles and promotes a calming effect on the nervous system.
- 2. Improved Sleep Quality:** Taking a warm bath before bedtime can enhance sleep quality. The rise in body temperature during the bath followed by a subsequent cool-down may mimic the body's natural circadian rhythm, signaling it's time to wind down for sleep.
- 3. Muscle Pain Relief:** Warm water increases blood flow to muscles, easing soreness and promoting muscle relaxation. It can be particularly beneficial for those with muscle stiffness or minor injuries.
- 4. Joint Comfort:** Warm baths can help improve joint flexibility and alleviate stiffness, making them a soothing option for individuals with arthritis or joint discomfort.
- 5. Enhanced Skin Health:** A warm bath can open up pores, facilitating better cleansing and removal of impurities from the skin. It also helps maintain skin hydration, contributing to a healthy complexion.

Remember to practice safe bathing habits, avoid extremely hot water to prevent skin irritation, and consult with a healthcare professional if you have any health concerns or conditions that may be affected by hot baths.



Safety First: Avoid prolonged exposure to extremely cold temperatures, as this could lead to hypothermia or other adverse effects. If you have any health concerns or medical conditions, consult with a healthcare professional before incorporating cold plunging into your routine.

*: Do your own research to see what best suits your lifestyle.