

**CHILL TUBS®**



**ENG**



## EMBRACE THE COLD

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

**A Chill 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 a Chill 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 Chill 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.

It's important to note that the Chill 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 Chill Tubs.**



# QUICK SET UP

Before installing the Chill 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 Chill Tub water temperature cannot drop. Once your Chill 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 (Chill Tubs are the same as a fridge or freezers and the gas needs to settle before use).

The Chill Tub can then be filled with water but it should not be turned on for 24 hours. We do recommend that you read the full manual though in particular the safety information before you 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 Chill Tubs Pro fill via filter housing



2

Plug in your tub to a 13amp 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 Chill Tub cold water therapy



4

We strongly suggest you empty your water every 8-12 weeks and repeat these first three steps

# CHILL TUBS<sup>®</sup> PRO

### Power Supply

13 Amp / 220v-240vz  
50/60hz

### Materials

Aristech Acrylic

### Weight

130 Kg

### Water Capacity

700 Litres

### Temperature

Settings as low  
as 3° degrees

### Dimensions

- 1 1100mm
- 2 800mm
- 3 2160mm
- 4 1350mm



### Draining

Hose Pipe  
connection

### Antifreeze function

Prevents the formation of  
ice or frost

### Ozone + Filtration

Built in ozone and filter  
system for clear water

### Cover Included

Insulated for reduced  
running costs

### Lighting

Base LED Light  
LED Corner Lighting

### Jets

Circulates water to  
eliminate thermal barrier

### Controls

Touchscreen controls  
with built in Wifi

# CHILL TUBS<sup>®</sup>

## ORIGINAL

### Power Supply

13 Amp / 220v-240vz  
50/60hz

### Materials

Stainless Steel 316,  
Aluminium, Composite Top

### Weight

125kg

### Water Capacity

400 litres

### Temperature

Settings as low  
as 3° degrees

### Dimensions

1 730mm 3 1800mm

2 750mm 4 1200mm



4

3

1



### Draining

Hose Pipe  
connection

### Antifreeze Function

Prevents the formation of  
ice or frost

### Ozone + Filtration

Built in ozone and filter  
system for clear water

### Cover Included

Insulated for reduced  
running costs

### Power Supply

13 Amp / 220v-240vz  
50/60hz

### Materials

Roto Mould

### Weight

85kg

### Water Capacity

400 litres

### Temperature

Settings as low  
as 3° degrees

### Dimensions

1 750mm

2 755mm

3 1790mm

4 1150mm

# CHILL TUBS<sup>®</sup>

## LITE

### Draining

Hose Pipe  
connection

### Antifreeze Function

Prevents the formation of  
ice or frost

### Ozone + Filtration

Built in ozone and filter  
system for clear water

### Cover Included

Insulated for reduced  
running costs

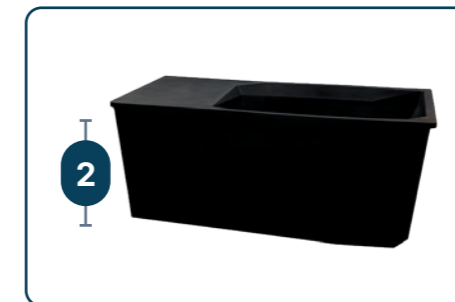
### Lighting

Base LED Light

4

3

1



# 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**



**Improving circulation**



**Improving your recovery time**



**Improves immune system**



**Decreasing inflammation**



**Fights 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 16°C 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 4°C 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 Chill Tubs 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 Chill Tub and only to the original purchaser or original owner if the product was purchased as a gift.

**The use of any hot tub/multi-functional tablets is prohibited and will invalidate your warranty, as this may cause problems with the stainless steel structure.**

**We recommend you only use the Chill Tabs Sanitiser tablets.** The warranty does not cover damage resulting from the addition of chemicals to the water, (excluding our recommended Chill Tabs Sanitiser) 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 Chill Tub

- The warranty does not cover damage caused by misuse, lack of maintenance, or lime scale deposits. Chemical abuse or poor water chemistry. Chill Tubs Ltd reserves the right to replace the defective parts with factory or re-manufactured parts.
- Chill Tubs Ltd is not responsible for any damage caused by alterations or modifications by the consumer.
- The warranty of the Chill 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, Chill Tubs Ltd 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 it's own negligence; damages to, respecting or 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 labour, 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. Chill 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.

- Chill Tubs Ltd 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 Chill Tub, please go to [www.chilltubs.com/support](http://www.chilltubs.com/support)

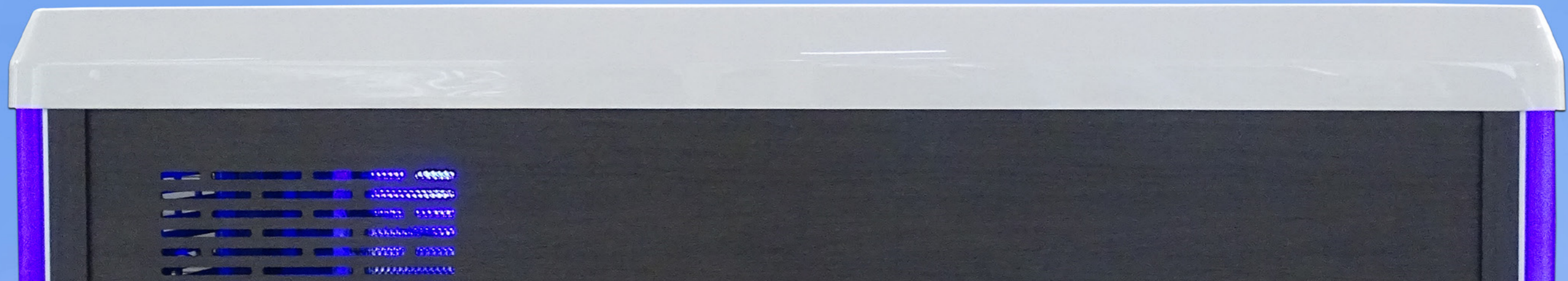
### Extent of Warranty

This warranty extends only to the original consumer purchaser of the Chill 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 Chill Tub will void the warranty.

### How to make a claim

If you are a Chill Tubs retailer making a claim on behalf of your customer, please log a claim using the warranty portal on the CRM.

If you are a Chill Tubs customer, please contact your Chill Tubs retailer who will make the claim on your behalf.





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[chilltubs.com](http://chilltubs.com)