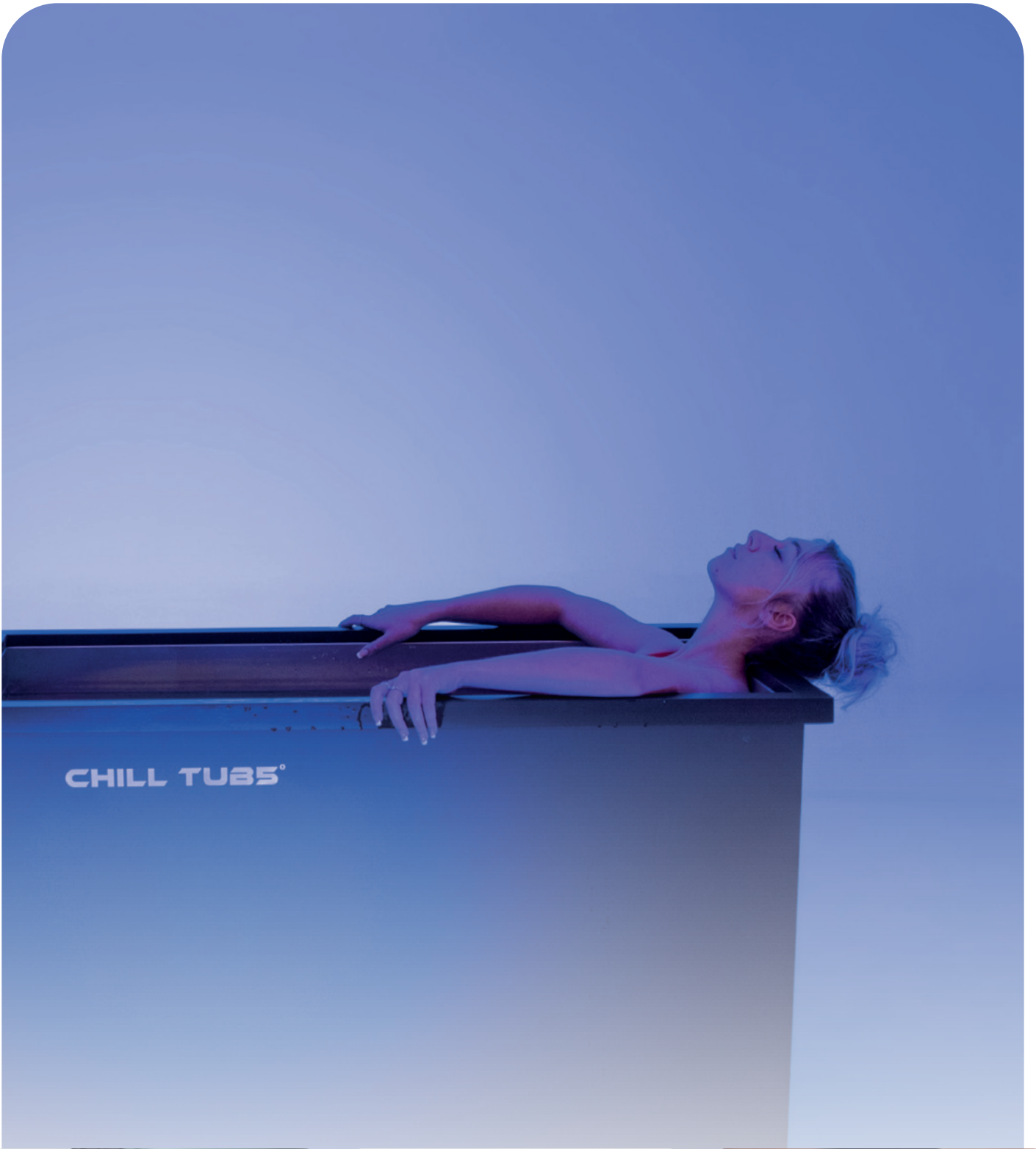


CHILL TUBS[®]





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.



CHILL TUBS®

PREMIUM MATERIALS



Stainless Steel



Teak Top



Black Aluminium



Ozone and Filtration



HOW TO SET UP



1

Simply place a garden hose into it. The tub will be completely filled in approximately 15-30 minutes, depending on water pressure



2

Open the air bleed screw to exhaust air from the filter and pump housing. See the manual for more information on how to fit in detail



3

Plug in your tub to a 13amp plug socket and set the desired temperature on the control panel



4

Within a few hours you will be able to start enjoying your new Chill Tub cold water therapy



5

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

SPECIFICATION

Power Supply

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

Materials

Stainless
Steel 304,
Aluminium, Teak

Dry Weight

125kg

Water Capacity

400 litres

Temperature

Settings as low
as 3° degrees

4



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

3

1



Chill Tub Dimensions

1

730mm

2

750mm

3

1800mm

4

1200mm

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 recovery time



Decreasing inflammation



Improving circulation



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.



MAINTENANCE

Maintaining your Chill Tub keeps it clean and hygienic, while also protecting it from damage. If you want to keep it clean, you should combine both prevention and treatment to protect it.

- **Filter Change**
The filter should be replaced every three months
- **Filter Clean**
Clean the filter once a month
- **Cleaning the Chill Tub**
We recommend cleaning the ice tub with soapy water or hot tub surface cleaner. We do not recommend household cleaning products

WARRANTY

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.

With the exception of the insulated top cover and the wooden surfaces which have a warranty of 1 year.

This warranty applies only to non-commercial, residential use of the Chill 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, 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.

If you have a problem, we will help

For service under this Limited Warranty, please call **01246 559071**, or contact us at support@superiorwellness.co.uk. Please provide us with the following information: name of purchaser, proof of purchase, dated receipt, item purchased, and as much detail as possible concerning the problem or failure. Claims must be made within the specified warranty period, as above. Most



warranty issues will be easily handled over the phone with a customer service technician. If a repair covered under this warranty is necessary, within the applicable warranty period, the cost of part(s) is covered by Chill Tubs, including any shipping related costs to mainland UK and engineer costs to repair the problem, this may be an employee of Chill Tubs or a local engineer. Outside of the mainland UK, Superior Wellness will ship parts for a local engineer to fit under our remote supervision. In either case, most repairs can be performed within 2 hours.

Outside of the Limited Warranty period

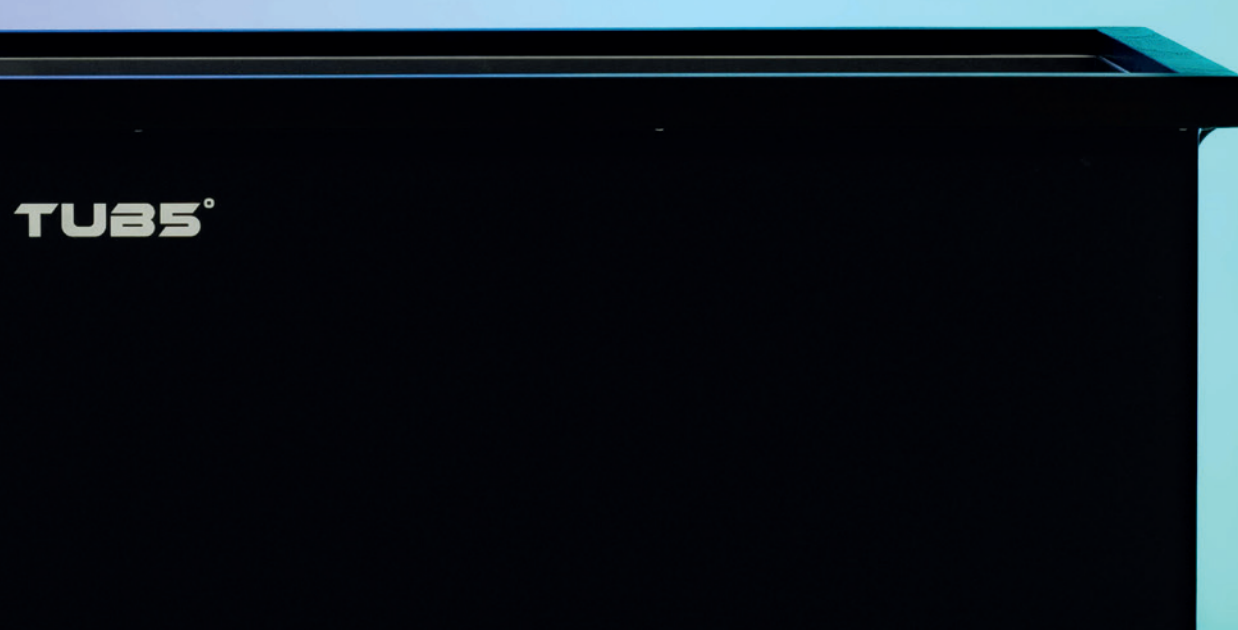
Chill Tubs will continue to offer phone support for issues occurring after expiration of the warranty period as it sees fit. However, the customer will be 100% responsible for any associated costs such as parts, labour, shipping, etc after expiration of the applicable warranty period.

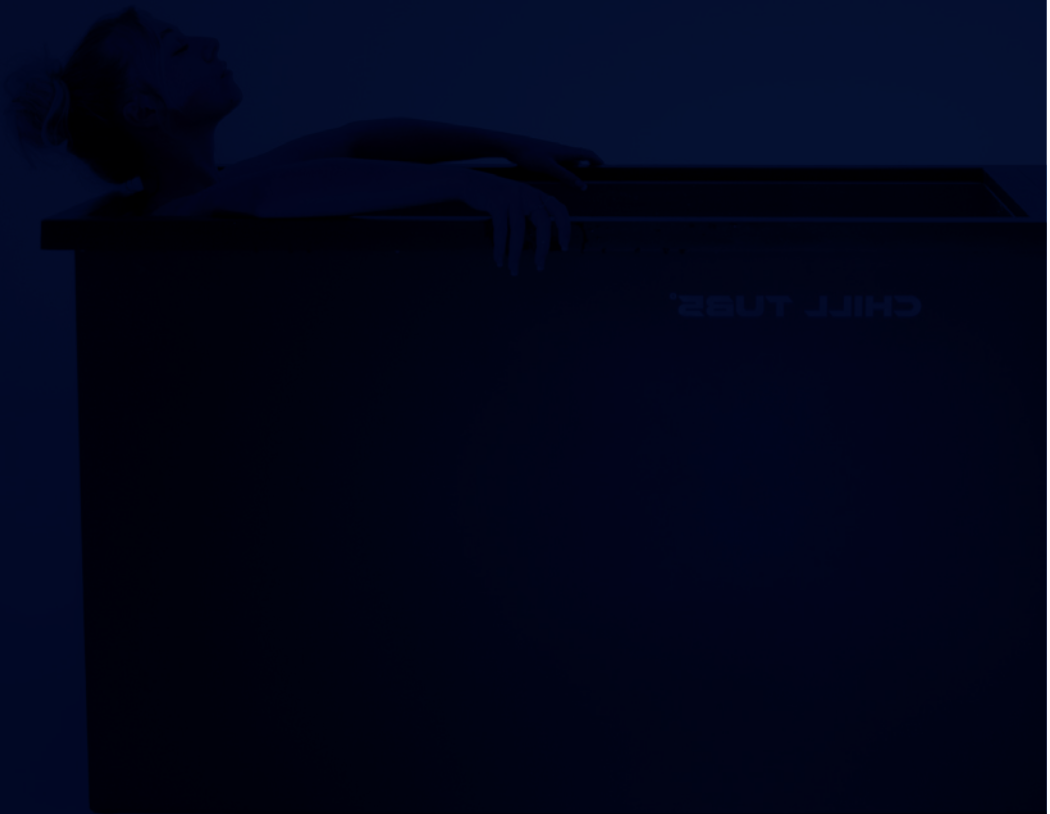
Warranty limitations and exclusions

- The insulating top cover carries a 1 year warranty. If there is a problem considered to be a manufacturing defect, this will be covered by the warranty however if the problem is due to bad handling, mis-operation or not used as specified in the manual, unfortunately this will not be covered under the warranty
- The condensing unit, water pump, ozonator and electrics all carry a 2 year warranty
- The wooden surfaces, the top deck and/or side cladding panels all carry a 1 year warranty
- Replacement filters are available for purchase, but replacement is entirely the

customer's responsibility. Chill Tubs is not responsible in the case a customer may lose or damage parts replacing their filter. We recommend the Chill Tub filter which can be purchased from us

- This warranty is automatically void if Chill Tubs determine that the product has been altered, abused, neglected or in any other way mistreated or used for any other purpose
- The customer is responsible for regular maintenance of the product. Any problems or failures arising from failure to provide proper maintenance, including using chemicals will void this warranty. Using improper or harsh cleaning agents will also void this warranty. This warranty will be void if the customer uses any replacement parts or accessories not genuine or original to the unit or provided by Chill Tubs
- This warranty is valid for in-home & residential use only. Any commercial use of this product will automatically void this warranty. All repairs must be performed by an approved agent of Superior Wellness
- The liability, if any, of the manufacturer, Chill Tubs, shall not exceed the original purchase value of the product covered under this warranty. Chill Tubs is not responsible for any incidental damages that may occur after delivery. Chill Tubs is not liable for any injury or loss that arises from any defect covered under this limited warranty, either incidental or consequential, including but not limited to, loss of use of the Chill Tub even if Chill Tubs was made aware of potential damage prior to occurrence of said damage





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