

INSTRUCTIONS FOR USING THE GLACYN ICE BATH



CONTRAINDICATIONS FOR USE

- cardiovascular diseases
- high blood pressure
- arrhythmia
- previous heart attack or stroke
- epilepsy
- pregnancy
- acute inflammatory diseases and elevated body temperature
- severe asthma
- open wounds and skin infections
- alcohol or drug intoxication
- severe fatigue or feeling unwell

If you have any chronic medical conditions, consultation with a physician is recommended.



RECOMMENDED DURATION OF IMMERSION

- Beginners: 30 seconds to 2 minutes.
- Experienced users: 2–5 minutes.
- Maximum allowable duration: no more than 10 minutes.
- At a water temperature of approximately 0–5°C, prolonged immersion is not necessary.

The key is controlled and safe immersion.



RECOMMENDED BODY POSITION

- sit calmly and maintain an upright position
- keep breathing controlled
- shoulders and chest may be immersed gradually
- do not submerge your head underwater
- avoid sudden movements
- during first-time use, do not immerse yourself too deeply

If severe dizziness, chest pain, numbness, or difficulty breathing occurs, leave the bath immediately.



BENEFITS OF COLD IMMERSION

- faster recovery after workouts
- reduction of muscle inflammation and fatigue
- improved blood circulation
- strengthening of the nervous system
- increased stress resistance
- improved sleep quality
- enhanced concentration and energy levels
- body hardening and adaptation to cold



STEP-BY-STEP INSTRUCTIONS FOR USE:

1

Preparation for the Procedure

- Check your physical condition.
- Do not use the bath after consuming alcohol or before recovering from intense physical exertion.
- Perform a light warm-up if necessary.

2

Taking a Shower

- Before use, take a shower to maintain hygiene and water cleanliness.

3

3. Preparation for Immersion

- Turn off the chiller.
- Open the bath cover.
- Check the water temperature (0–5°C).

4

Immersion

- Enter the bath slowly.
- Immerse legs first, then hips, then torso.
- Control your breathing.
- Do not jump into the water.

5

During the Bath

- Follow the recommended immersion time.
- Maintain calm and steady breathing.
- Avoid movement, as the cold is tolerated more easily when remaining still.

6

Exiting the Bath

- Exit slowly and carefully.
- Avoid sudden movements.

7

After Use

- Close the bath cover.
- Turn on the chiller.



ADDITIONAL RECOMMENDATIONS



Children may use the bath only under adult supervision.



Do not use the bath alone during your first experience.



Do not exceed the recommended immersion time.



After the procedure, warm up naturally through movement, towel drying, and warm tea.