



COLD PLUNGE





Dive into the extraordinary world of cold water with Polspas rejuvenating cold plunge experience, inspired by the legendary 'Iceman' Wim Hof himself, and feel reborn as you embrace the invigorating chill.

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# *The perfect harmony...*



As the sun rises, my soul craves a refreshing start,  
But my body resists, hesitant to take part.  
Yearning to plunge into icy waters so bold,  
Yet my feet falter, my nerves uncontrolled.

With a deep breath, I embrace the chill,  
As I step into the cold plunge, a thrill.  
My soulmate by my side, cheering me on,  
Together we face the challenge, strong.

The icy water surrounds me, a shock at first,  
But soon a rush of energy, my body immersed.  
Muscles awakened, tensions released,  
In the embrace of cold, I find my peace.

With each plunge, my spirit soars,  
Revitalized, my soul restores.  
An invigorating ritual, I now adore,  
My love for cold plunges, forevermore.

No longer wandering, seeking what's true,  
The cold plunge's magic, I finally knew.  
In its embrace, I find my serenity,  
Happy and alive, in perfect harmony.

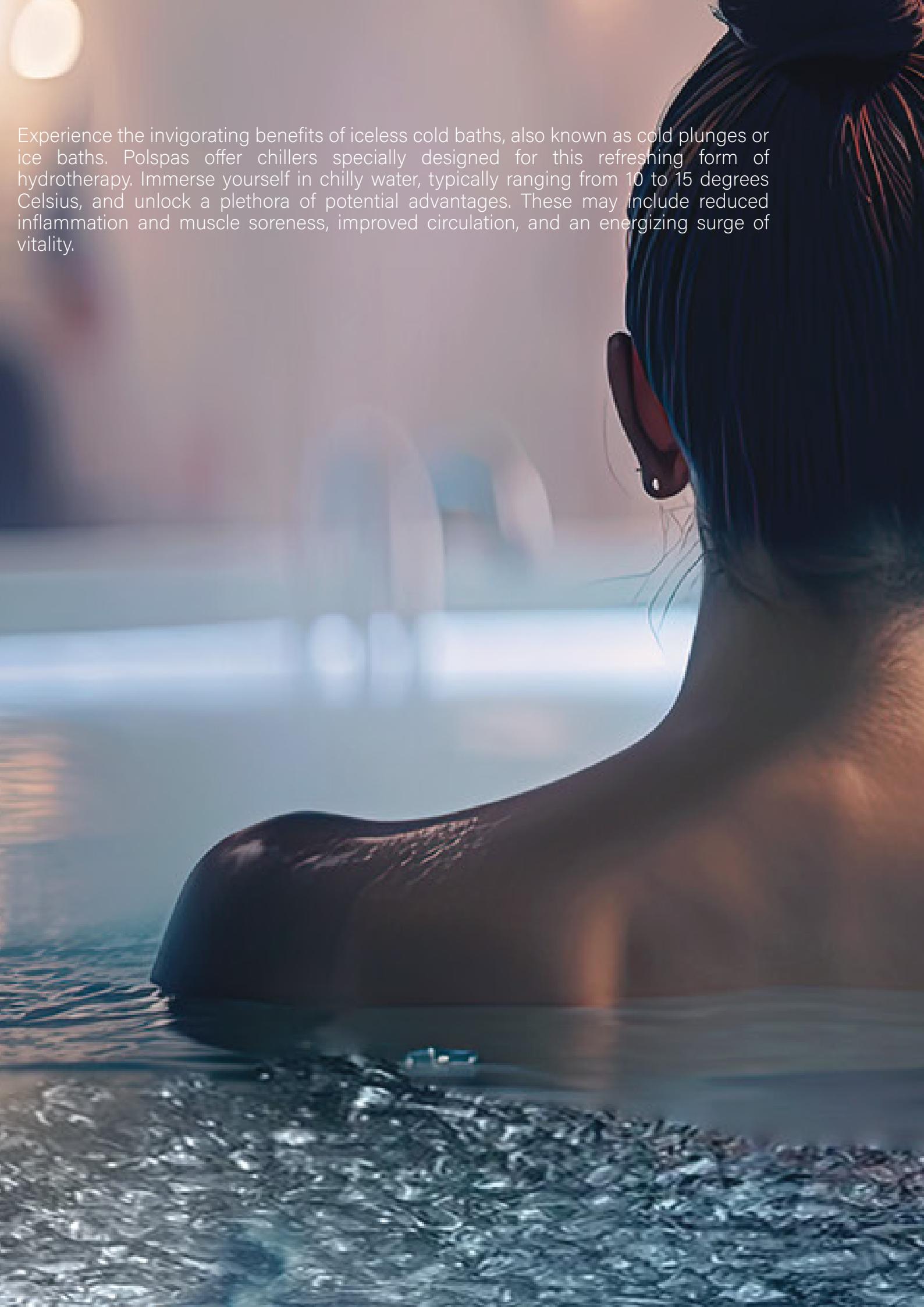
## WHO WE ARE

POLSPAS, a Polish leader in spa and pool manufacturing. Our commitment to high standards, customer satisfaction, and cutting-edge technology has made us experts in hot tubs, cold plunges, and pools. With a global footprint, we provide exclusive experiences for health-conscious individuals. Our workshops house advanced production lines adhering to ISO9001 standards, led by experienced engineers. Our products meet international safety and quality standards, earning approvals such as CE, CB, KC, SAA, and IEC. Count on us for excellence, competitive pricing, and exceptional service.

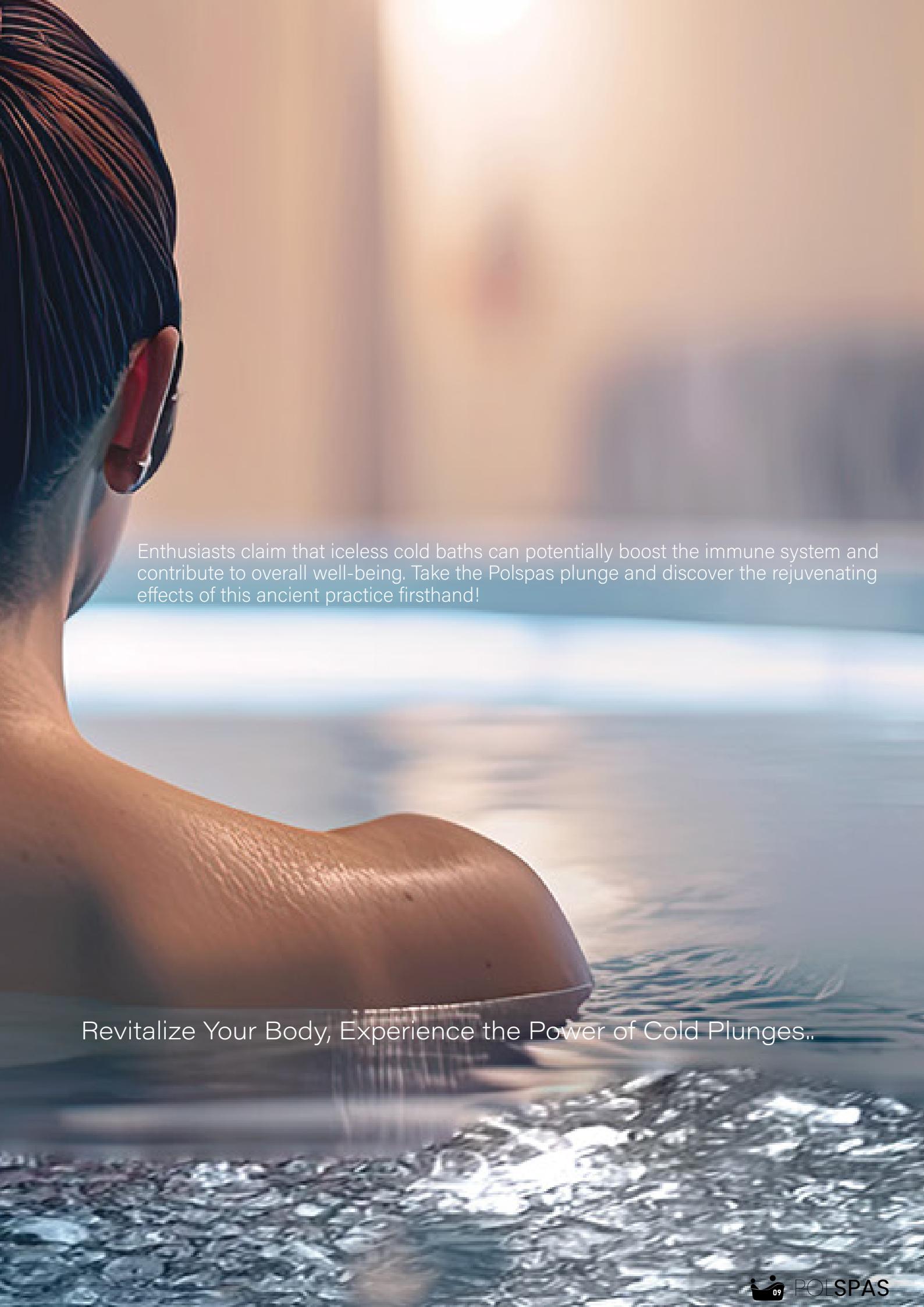




POLSPAS



Experience the invigorating benefits of iceless cold baths, also known as cold plunges or ice baths. Polspas offer chillers specially designed for this refreshing form of hydrotherapy. Immerse yourself in chilly water, typically ranging from 10 to 15 degrees Celsius, and unlock a plethora of potential advantages. These may include reduced inflammation and muscle soreness, improved circulation, and an energizing surge of vitality.



Enthusiasts claim that iceless cold baths can potentially boost the immune system and contribute to overall well-being. Take the Polspas plunge and discover the rejuvenating effects of this ancient practice firsthand!

Revitalize Your Body, Experience the Power of Cold Plunges..

# EXPLORING THE BENEFITS OF COLD PLUNGES

**Improved Mental Resilience:** Regularly subjecting oneself to cold water can build mental toughness and resilience as it requires overcoming discomfort.



**Improved Circulation:** The sudden exposure to cold water can stimulate blood flow and circulation throughout the body, which may have positive effects on cardiovascular health.



**Stress Relief and Mood Enhancement:** Cold plunges are known to trigger the body's natural stress response, helping to alleviate feelings of anxiety and promoting a sense of well-being.



**Immune System Boost:** Some studies suggest that cold exposure might strengthen the immune system by increasing the production of white blood cells and enhancing their activity.



**Skin Health:** Cold water exposure may improve skin tone and condition by promoting blood circulation and reducing inflammation, potentially benefiting those with certain skin conditions.



**Weight Loss Support:** Cold plunges might stimulate brown fat activity, a type of fat that burns calories to generate heat, which could contribute to weight loss efforts.



**Detoxification:** Cold water immersion can assist the lymphatic system in flushing out toxins and waste products from the body.



# POLSPAS Features

## Unrivaled Strength and Portability:

Immerse yourself in the flawless fusion of exceptional strength and unyielding rigidity that defines Polspas. A symphony of optimal durability and rock-solid stability sets a remarkable standard that stands

## Effortless Travel Companion:

As your adventures beckon, Polspas effortlessly adapts. Simply roll it into a compact bag, perfectly poised for your journey ahead. Its travel-friendly design ensures seamless exploration, transforming relaxation into a mobile art.

## Versatility Redefined:

Polspas opens doors to versatile experiences. Choose to embrace the chill of ice or effortlessly connect it to any portable cooling or heating unit. Once integrated, watch as your personal oasis regulates temperature automatically, eliminating the need for complex adjustments.

## The Cooling Revolution:

Welcome a new era of convenience with Polspas Cooling Units, where the inconvenience of dealing with ice becomes a thing of the past. This package includes all you need, from a hand pump and carry bag to a repair kit, chamois cloth, and water outlet ports. Elevate your aquatic enjoyment effortlessly.

## Automatic Operation and Constant Temperature Control:

Experience effortless operation with the automatic start-stop and constant temperature system. Our chiller adapts to your needs, maintaining the desired temperature levels without requiring constant monitoring.

## Energy-Efficient Marvel:

Marvel at the realm of energy efficiency that unfolds, courtesy of an 85mm insulated wall thickness. As the water's icy embrace remains prolonged, revel in the benefits of high energy savings that make a positive impact on both your experience and the environment.

## Engineered for Longevity:

Polspas stands as a testament to endurance, forged from ultra-durable drop stitch materials. Its robust engineering guarantees resilience through the test of time, ensuring your indulgence from season to season. Crafted to accompany you through countless moments of aquatic delight, Polspas is the epitome of enduring luxury.

## Superior Design and Minimal Noise:

Our Arctic ChillerMate boasts an exceptional design that combines cutting-edge functionality with an emphasis on quiet operation. Experience cooling and heating without the disruption of excessive noise, ensuring a comfortable environment for any setting.

## Efficient Self-Priming Circulation:

Equipped with a built-in self-priming circulating pump, our chiller guarantees efficient water circulation throughout the system. This promotes even cooling and heating distribution, optimizing performance for a wide range of applications.

# POLSPAS Features

## Comprehensive Leakage Protection:

We prioritize your safety with a comprehensive leakage protection system designed to safeguard against electrical hazards. This feature provides peace of mind, allowing you to enjoy the benefits of our chiller worry-free.

## Smart Connectivity and Easy Installation:

Seamlessly integrate your chiller into your modern lifestyle with built-in WiFi connectivity. Take control from your iOS or Android device using our intuitive app, allowing you to remotely adjust settings for ultimate convenience. Installation is a breeze with included hose pipes and quick connectors, making setup hassle-free.

## Hygienic OZONE Disinfection and External Water Filtration:

Our Arctic ChillerMate includes a built-in OZONE disinfection device and an external water filter, ensuring the water you interact with is clean and free from impurities. Experience cooling and heating with an added layer of hygiene and quality.

## Water and Electricity Separation:

Safety is paramount, which is why our chiller features a state-of-the-art water and electricity separation system. This innovative design ensures that electrical components remain isolated from water, reducing the risk of accidents and enhancing reliability.

## Versatile Anti-Freeze Capability:

Our chiller is equipped with an anti-freeze system, making it suitable for cold environments without compromising efficiency. Whether used indoors or outdoors, you can rely on consistent performance even in freezing conditions.

## Reliable Overload and Overheat Protection:

We prioritize the longevity of our chiller and your safety, which is why it features overloading and overheating protection. These safeguards ensure optimal performance while preventing damage to the unit or surrounding environment.

## Exceptional Cooling Capacity and Application Flexibility:

Experience the max cooling capacity of our Arctic ChillerMate in spaces of various sizes. Its versatility extends to both indoor and outdoor settings, making it a perfect solution for all your cooling and heating needs.

# Specialized Engineering for Ice Recovery Solutions

Experience unmatched relaxation with Polspas' durable cold plunges, designed for year-round use. Our quality-driven approach ensures longevity, with thick insulated walls maintaining your desired temperature as you embrace the invigorating chill.



## Ice less Cold bath

Polspas Compact Range of Ice Bath, providing a hassle-free solution for chilling water. Simply set the desired temperature, and the unit takes care of the rest.

These portable chillers are designed to seamlessly connect with Polspas pools using the provided water pump and connection hoses, ensuring a quick and effortless setup.

Each model in the range offers automatic chilling capabilities, cooling water down to 2°C. For added versatility, the Dual Temp models can even heat water up to 40°C. For those seeking extreme cooling, the Arctic model stands out as it can achieve temperatures near ZERO, providing an impressive chilling performance.

With these innovative features, our Compact Range of Ice Bath Cooling Units offers a convenient and efficient way to maintain the desired water



## Pump & repair kit

Included with every Polspas inflatable pool is a cut-to-size carry bag (Optional), a hand-pump, a chamois cloth, and a repair kit. These valuable additions ensure convenience and preparedness, enhancing your overall experience with the inflatable pool.



# POLSPAS SERIES

## Energize

Introducing POLSPAS Energize, your entryway to an invigorating world of icy refreshment. Crafted as an accessible and affordable inflatable cold plunge, POLSPAS Energize offers you a rejuvenating experience like no other. Immerse yourself in its chilling embrace to invigorate your body, promote circulation, and awaken your senses. Embrace the value of wellness with POLSPAS Energize, your gateway to an unmatched icy plunge adventure.

## Invigorate

Step into the epitome of shared wellness with the POLSPAS Invigorate mid-range cold plunge, accommodating up to 5 individuals. Immerse in the revitalizing waters together and embark on a journey of rejuvenation that transcends boundaries.

## Prosperity

Elevate your cold plunge experience to sheer luxury with the POLSPAS Prosperity premium models, meticulously crafted from exquisite acrylic and adorned with top-notch design. Immerse yourself in the icy embrace of these unparalleled cold plunge marvels.



# POLSPAS

## ERIS 80

Single person PVC-Nylon tub (5 Layers)

- Cold Plunge Size: 80 cm x 75 cm (H)
- Circular Shape
- Weight: 2.5 Kg
- Wall Thickness: 0.45 cm
- Water volume: 130 L
- Maximum capacity: 1 persons
- Customized size available
- Accessories: Hand pump, Repair Kit, Top cover.



## SIA 95

1 -person inflatable pool

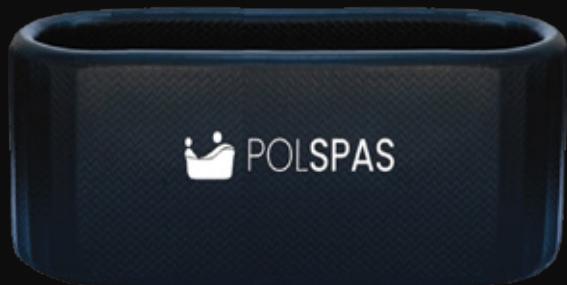
- Cold Plunge Size: 95 cm x 100 cm (H)
- Circular Shape
- Material: DWF+PVC tarpulin
- Long Lasting
- Can be used with ICE Bags
- ICE LESS (connected with Chillers)
- Customized size available
- Includes: hand pump, repair kit, Top cover.



## SOLO 132

1-2 person inflatable pool

- Cold Plunge Size: 132 x 70 x 60 cm
- Oval Shape
- Material: DWF+PVC tarpaulin
- Long Lasting
- Can be used with ICE Bags or ICE LESS (connected with Chillers)
- Customized size available
- Includes: hand pump, repair kit, Top cover.

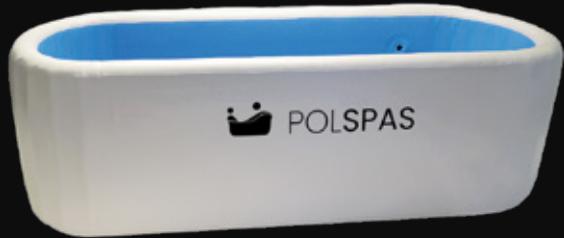


# POLSPAS COLD PLUNGES

## ELSA 185

2-3 person inflatable pool

- Cold Plunge Size: 185X 83 X 69 cm
- Oval Shape
- Material: DWF+PVC tarpaulin
- Long Lasting
- Can be used with ICE Bags or ICE LESS (connected with Chillers)
- Customized size available
- Includes: hand pump, repair kit, Top cover.



## Polar 200

4-5 person inflatable pool for entire teams

- Cold Plunge Size: 200 x 200 x 80 cm
- Circular Shape
- Material: DWF+PVC tarpaulin
- Long Lasting
- Can be used with ICE Bags or ICE LESS (connected with Chillers)
- Customized size available
- Includes: hand pump, repair kit, Top cover.



With a capacity for 2-5 persons, Polspas Invigorate series stands as the perfect choice for unforgettable moments shared among family and friends.

## POLSPAS COLD PLUNGES

### ETERNITY 180

2-person Acrylic solid tub

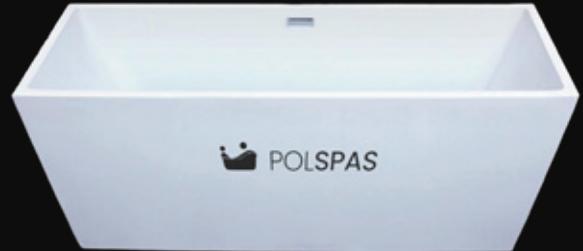
- Cold Plunge Size: 180 cm x 82 cm x 60 cm
- Weight: 300 Kg
- Wall Thickness: 6 cm
- Water volume: 130 L
- Maximum capacity: 2 persons
- Optional Accessories: Artificial cover, Water bubbles jets,LED



### ETERNITY 170

2-person Acrylic solid tub

- Cold Plunge Size: 170 cm x 80 cm x 58 cm
- Weight: 300 Kg
- Wall Thickness: 6 cm
- Water volume: 100 L
- Maximum capacity: 2 persons
- Optional Accessories: Artificial cover, Water bubbles jets,LED



Crafted with precision and elegance, the Eternity top-end tub is a masterpiece made with luxurious acrylic, offering an experience of enduring relaxation and refinement.

# POLSPAS COLD BATH CHILLERS

## Arctic ChillerMate

- Choose your voltage: 220V/50HZ | 220V/50HZ | 110V/60HZ
- Temperature range : 10°C | 5°C
- Refrigeration rated current: 2.3A | 3.5 A
- Weight: 28KGS | 36KGS
- Cooling power: 1200W | 2600W



## Arctic Frost Fusion

- Choose your voltage: 220V/50Hz & 110V/60Hz
- Temperature range : Dual Temp 2-40°C
- Refrigeration rated current: 4.28A | 8.75A
- Weight: 33.5kg | 56.8kg
- Cooling power: 1300W | 3500W
- Built in UV ozone sterilizer
- Wireless control : WiFi and APP support



## Arctic Iceman

- Choose your voltage: 110V/220V
- Temperature range : Dual Temp 3-20°C
- Refrigeration rated current: 4.28A | 8.75A
- Weight: 34.5kg
- Cooling power: 2600W
- Built in UV ozone sterilizer
- Wireless control : WiFi and APP support

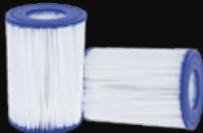


## Arctic Blast

- Choose your voltage: 100V/240V
- Temperature range : Dual Temp 3-40°C
- Refrigeration rated current: 4.28A | 8.75A
- Weight: 30kg-40kg
- Cooling power: 1520W-5750W
- Built-in ozone sterilization device or UV sterilization device optional
- Wireless control : WiFi and APP support
- Anti-freeze System
- Can operate 24h X 7



# POLSPAS ACCESSORIES



## WATER FILTERS

Effortless pure water with easy replacement filters.



## TUB TOP COVER

Protect your tub with our high-quality top cover.



## FILTER PUMP FOR POOLS

Efficiently maintain your pool with our reliable filter pump.



## CHILLER PIPES

Durable chiller pipes.



## QUICK PIPE CONNECTIONS

Quick and hassle-free pipe connections, allowing for easy removal and fitting.



## STEPS

Our steps come in custom sizes for a perfect fit.

# Healthcare Guidelines



## Consult a Medical Professional:

If you have any existing medical conditions, particularly those related to the heart, lungs, or skin sensitivity, it's crucial to seek guidance from a healthcare professional before proceeding.

## Start Gradually:

If you're new to cold water immersion, start with shorter exposure times and gradually increase the duration over time. This allows your body to acclimate to the cold and reduces the risk of shock or other adverse reactions.

## Know Your Limits:

Pay attention to your body's signals. If you start shivering uncontrollably, feeling numb, or experiencing extreme discomfort, it's time to end the cold bath.

## Avoid Alcohol and Caffeine:

Refrain from consuming alcohol or caffeine before a cold bath, as these substances can impact your body's ability to regulate temperature and may increase the risk of hypothermia.

## Exit Strategy:

Have a plan for safely exiting the cold water in case you experience discomfort or adverse effects. Knowing how to warm up quickly and having warm clothes nearby is important.

# Unveiling the Unimaginable, Dive into

A photograph capturing a moment of intense physical exertion and immersion. A person's head and shoulders are visible above the surface of a dark, churning body of water. Their hair is wet and clings to their head. In the background, a bridge spans a wide, frozen landscape under a sky filled with long, wispy clouds. The overall atmosphere is one of raw energy and connection with nature.

# the Extraordinary World of Exploration and Experience



# CUSTOMER SERVICE AND COMMITMENT



## Showroom

Once you've determined the tub model that aligns with your requirements, you can experience it firsthand at our showroom. Our knowledgeable sales team will then guide you through the purchasing procedure, often allowing you the chance to test tubs in designated demonstration zones.

## Delivery

Upon choosing the cold plunge of your preference, you can coordinate its delivery. This stage encompasses our assessment of the fitting area, your residence's positioning, and the logistical aspects of transporting the tub to your location.

## Fitting

Once the electrical setup and level base are finished, Polspa will dispatch their skilled fitter to establish the cold plunge's connection to its designated power supply. Subsequently, they will proceed to fill the tub to the appropriate level and provide a comprehensive demonstration on its proper usage.

## Aftercare of Plunge and chiller

To uphold your chiller's effectiveness and shield it from harm, make sure to shield it from water contact, prevent dust from infiltrating, and perform routine checks and filter cleaning. And always remember, Polspa is at your service for any questions you might have.

Regarding the cold plunge, kindly refrain from introducing tools or objects with sharp edges into the pool, and please adhere to the maximum recommended capacity of occupants to ensure a safe experience.

## Warranty

POLSPAS offers a comprehensive warranty for cold plunges, covering the structure, equipment, controls, and plumbing components for a period of two years. This warranty ensures that your plunge remains in top condition, free from defects and malfunctions.

The warranty also emphasizes the use of genuine POLSPAS parts and accessories to maintain optimal performance.

Beware of Cheap Unauthorized Imitations - Choose the Genuine Polspas Cold Plunge for Unmatched Performance and Durability.



Distributor:



POLSPAS

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