

LUMI

BEGINNERS COLD WATER THERAPY



CONTROL YOUR MIND AND COMMAND MENTAL RESILIENCE

RELAX & RESTORE

Home cold water emersion

The body's natural healing powers can be harnessed through cold water immersion more and more. Wellness spas, health clinics, and sports therapists are increasingly offering cold water therapy. Their clients benefit from cold water immersion because it promotes healthy blood circulation, reduces high blood pressure, and boosts their immune systems.

Cold water therapy benefits athletes by improving cardiovascular circulation, reducing recovery times, and lowering their body temperature after high-intensity workouts in the heat. Even delayed onset muscle soreness (DOMS) can be relieved by ice baths. Athletes and expensive wellness centres no longer have to limit themselves to cold therapy. Home cold water immersion is hard to beat for people seeking to maximise their body's natural healing powers.



And most of all it helps mould our mental resilience.

Preparation before a RecoveryPOD

Before buying cold immersion equipment or overthinking the practice, I recommend a 30-day cold shower trial. As a result, you will better understand how to deal with the physiological reactions that you will experience.

30 DAYS OF COLD SHOWERS MINI GUIDE

Firstly I would always start with cold showers in the morning, this is because your fight or flight will be triggered causing you to feel more alert and more awake, not something you want just before getting into bed.

For the first 2 weeks start by initiating the cold after having your warm shower, so get yourself as calm as possible and then slowly or quickly turn your temperature to cold, remember you don't have to start with just cold, slowly, slowly catch monkey.

Each day increases the exposure time or increases the temperature.

After 2 weeks you can then start to have just a cold, remember you can always use back-to-hot to warm up after but try and make a break in between to let the body and mind rebound.

As you get closer to the end of your 30 days, start to challenge yourself cold only and no hot after, let the body warm up naturally with some light exercise. I always recommend star jumps. They are great at increasing heart rate and great at putting little stress on major muscles when you're cold.

Slow and steady always wins the race!

IMMERSION IN COLD WATER SAFETY TIPS

As well as taking cold water showers and swimming in cold water regularly, here are some safety tips for your cold water immersion tub.

1. The maximum time you should spend in cold immersion is ten minutes
2. If you are unsure of the maximum exposure time, consult your doctor
3. By practising breathing exercises, such as those taught by Wim Hof, you will be able to develop a stronger level of breath control
4. Stay within safe limits when immersing in cold water at each of the four stages



How long do I stay in an ice bath?

If you're just starting out with a Recovery Pod ice bath, you should limit your sessions to ten minutes or less. You should also consult your doctor to determine what level of cold immersion exposure is appropriate for you. The longer you engage in a cold immersion routine with best safety practices, the more you will be able to increase your cold tolerance. The human body, even if you're Wim Hof, still has limits to its ability to handle cold.

Cold water therapy works best with the right combination of time and temperature. For example, if you're in a 10°C degree river, we'd recommend a 10mins.

Temp-to-Time Examples

- 1°C = 1min Submersion
- 2°C = 2min's Submersion
- 3°C = 3min's Submersion
- 5°C = 5min's Submersion
- 10°C = 10min's Submersion
- 15°C = 15min's Submersion



Remember if you want to submerge your head do this at the end of your time and stay in for another 10 breaths to regulate your breathing and stop your body from making you feel light-headed due to the increase in blood to the head area.

The best way to make the most of your first RecoveryPOD

In order for your Recovery Pod to be a positive experience, you'll need to keep a few key success factors in mind. First, calm your nervous system by performing breathing exercises or gently humming.

With these exercises, your parasympathetic system is activated, triggering nitric oxide production, calming your nerves and helping your cells accept oxygen more readily.

Lastly, be sure to always follow best practices for cold water immersion. Maintain deep, rhythmic breathing while tracking your blood pressure and body temperature.

Limit your immersion to 10 minutes or less.



With Lumi Therapy's customised recommendations, you'll be able to find the right ice bath to fit your needs. For personalised recommendations, call the team at Lumi Therapy.

Taking an Ice Bath - Quick guide

Gather your supplies: To take an ice bath, you will need a tub, cold water, and ice.

Fill the tub with cold water and add enough ice to bring the water temperature down to 50-60°F (10-15°C).

Warm up your body: Before you get into the ice bath, it is important to warm up your body to prepare it for the cold water. This can be done through light exercises, such as jumping jacks or running in place, or by taking a warm shower or bath.

Get into the ice bath: When you are ready, gradually immerse your body in the ice bath, starting with your feet and legs and working your way up to your chest and head.

Stay in the bath for 5-10 minutes, taking deep breaths and trying to relax.

Warm up your body again: After you have finished the ice bath, it is important to warm up your body again to prevent hypothermia. This can be done by wrapping yourself in a warm blanket or by taking a warm shower or bath.

DAILY MOTIVATION

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“HE WHO CANNOT PUT HIS
THOUGHTS ON ICE SHOULD NOT
ENTER INTO THE HEAT OF
DISPUTE.”

-Freidrich Nietzsche

1. Introduction to Cold Water Therapy

Cold water therapy, also known as cold water immersion or cold water exposure, is a practice that involves immersing the body in cold water for short periods of time.

It has been used for centuries as a way to improve health and well-being, and is believed to have a number of potential benefits, including reducing inflammation, improving circulation, and boosting the immune system.



2 Benefits of Cold Water Therapy

According to research from Huberman labs, cold water therapy has been shown to have a number of potential health benefits, including:

Reducing inflammation: Cold water immersion has been shown to reduce inflammation in the body, which can help to reduce muscle soreness and improve recovery time after a workout.



Improving circulation: Cold water immersion can improve circulation by constricting blood vessels and increasing blood flow to the heart and other vital organs.

Boosting the immune system: Cold water immersion has been shown to stimulate the immune system, potentially helping to improve overall health and well-being.

3 Lumi Ice Baths

Lumi Therapy ice baths are a type of cold water immersion that involves sitting in a tub filled with ice water.

They are believed to have a number of benefits, including reducing muscle soreness, improving recovery time after a workout, and reducing inflammation.



4 Safety Precautions

Cold water therapy, including Lumi Therapy ice baths, should be practised in moderation, as immersing your body in cold water for too long can be dangerous.

It is important to listen to your body and stop if you begin to feel uncomfortable or chilled.

Cold water therapy is not suitable for everyone, and it is important to consult with a medical professional before starting a cold water therapy regimen.

It is also important to be aware of the risks associated with cold water immersion, such as hypothermia and drowning, and to take appropriate precautions to ensure your safety.

5. Other forms of Cold Water Therapy

In addition to Lumi Therapy ice baths, there are several other forms of cold water therapy that you can try.

Some options include:

Cold water immersion: This involves immersing your entire body in cold water, either in a lake, river, or ocean.

Cold water showers: You can also try taking cold water showers to get the benefits of cold water therapy. Start by taking a warm shower to warm up your body, then gradually decrease the water temperature until it is cold.

Cold water face wash: Another option is to wash your face with cold water, which can help to tighten and tone the skin, reduce inflammation, and improve circulation.



6. TIPS FOR SUCCESS

If you are new to cold water therapy, it can be helpful to follow these tips to ensure a successful and enjoyable experience:

Start gradually: If you are new to cold water therapy, it is important to start gradually and build up your tolerance to the cold over time.

Wear appropriate clothing: Make sure to wear appropriate clothing, such as a wetsuit or swimsuit, to protect your skin from the cold.

Stay hydrated: It is important to stay hydrated before and after cold water therapy to help your body recover and stay healthy.

Stay safe: Always take appropriate precautions to ensure your safety while practicing cold water therapy, such as staying in a supervised area and wearing a life jacket if necessary.



7. Conclusion

Cold water therapy can be a powerful tool for improving health and well-being, and can be enjoyed in a variety of forms, including Lumi Therapy ice baths, cold water immersion, cold water showers, and cold water face washes. With its many potential benefits, cold water therapy is worth considering as part of a healthy lifestyle.

Just be sure to practice it safely and in moderation.

Consult with a medical professional before starting a cold water therapy regimen.

