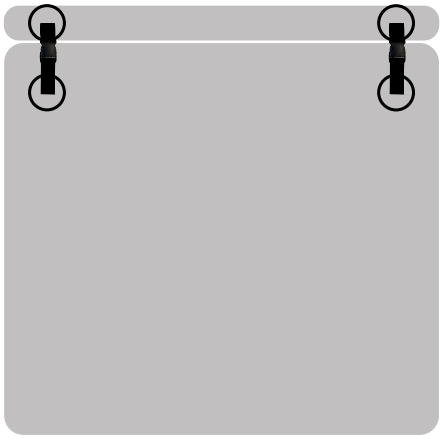
INFLATABLE COLD PLUNGE TUB USER GUIDE

MODELS

CP-IFTUB
CP-IFBAR



DON'T WAIT! REGISTER NOW!

The product must be registered within 90 days after delivery. Please refer to the "PRODUCT REGISTRATION" section on Page 2 to complete the registration.

IMPORTANT WARRANTY INFORMATION!

PRODUCT WARRANTY & REGISTRATION

WARRANTY INFORMATION

SaunaSpa warrants this product against defects in materials and workmanship under normal use for the warranty periods listed below.

Warranty Coverage (Coverage begins on the original date of purchase.)

Component	Coverage
Cold Plunge Tub	1 Year

Warranty Requirements

To maintain warranty eligibility:

✓Register the product within 90 days of delivery

✓Follow all installation and operating instructions

✓Use the product only as intended

✓Retain proof of purchase

Warranty Exclusions

This warranty does not cover damage resulting from:

- Improper installation
- Misuse, abuse, or neglect
- Unauthorized repairs or modifications
- Failure to follow maintenance instructions

For complete warranty terms and conditions, visit:
www.saunaspa.com/warranty

For assistance, contact SaunaSpa Customer Support at 866-733-4043.

PRODUCT REGISTRATION

Scan the QR code beside it or visit the website to register your product.

www.saunaspa.com/register

Benefits of Registration

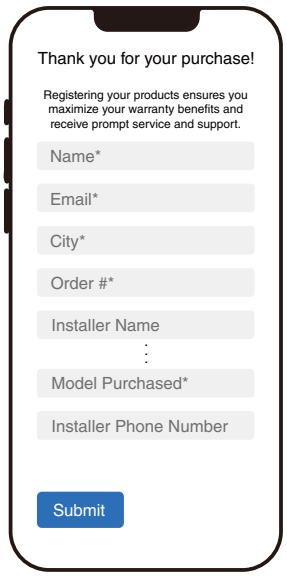
✓Faster customer support

✓Warranty verification

✓Replacement part assistance

1. Scan the QR Code.

2. Fill out the form and click Submit.



SAFETY INFORMATION

Follow the precautions below to ensure safe use and prevent damage to the cold plunge.

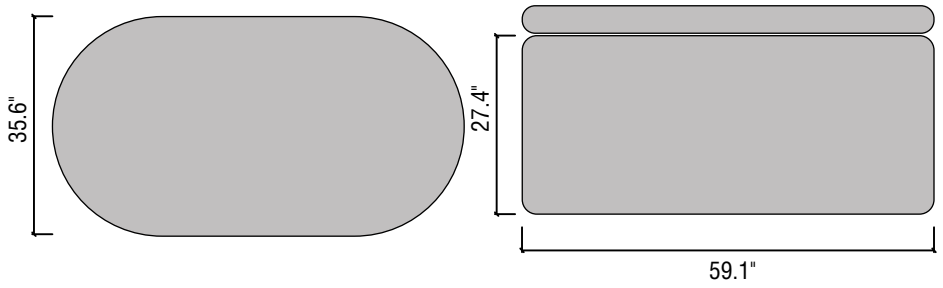
- Do not overinflate the tub. Inflate it to the recommended pressure of 8–10 psi to prevent damage, deformation, or excessive stress on the inflatable walls.
- Always place the tub on a flat, stable surface that is free of sharp objects, debris, or rough surfaces that could puncture or damage the tub.
- Regularly check the air pressure, as changes in ambient temperature may cause the inflation pressure to fluctuate. Reinflate the tub as necessary.
- Keep sharp objects, including jewelry and tools, away from the tub to prevent accidental punctures.
- Do not sit, stand, or place excessive weight on the inflatable walls, as they are not designed to support body weight.
- Make sure the drain valve is securely closed before filling the tub. When draining the tub, fully open the drain valve to prevent water leakage or accumulation.
- Do not overfill the tub. Excess water may spill over when entering the tub and create slippery surfaces.
- Enter and exit the tub slowly and carefully to prevent slips, falls, or sudden immersion that may cause cold shock. Use a non-slip mat if necessary.
- Do not allow the water temperature to become dangerously low. If you have any health concerns, consult a physician before using the cold plunge.
- Keep the chiller, power cords (not included), and all other electrical components away from water to reduce the risk of electric shock.
- Keep hair dryers, lamps, mobile phones, tablets, radios, and other electrical devices at least 5 ft (1.5 m) away from the chiller.
- Children must use the cold plunge only under constant adult supervision.
- Do not use the cold plunge if you have skin conditions, broken or irritated skin, or any open wounds.
- Use caution when using the cold plunge after consuming alcohol.
- Consult your physician before use if you feel unwell, are taking medication, or are pregnant.
- After use, completely drain and dry the tub before deflating it. Store the deflated tub in a dry, shaded location away from direct sunlight, extreme temperatures, and sharp objects.
- Properly secure the cover whenever the cold plunge is not in use to prevent debris from entering and to help maintain water cleanliness.

SPECIFICATIONS

SPECS	CP-IFTUB	CP-IFBAR
Dimensions(L x W x H)	59.1"×35.6"×27.4" (1500×905×695 mm)	39.4"×39.4"×35.4"(1000×1000×900mm)
Thickness	3.9" (100mm)	
Capacity	103gal (390L)	82gal (310L)
Material	PVC	

PRODUCT SIZE CHART

CP-IFTUB



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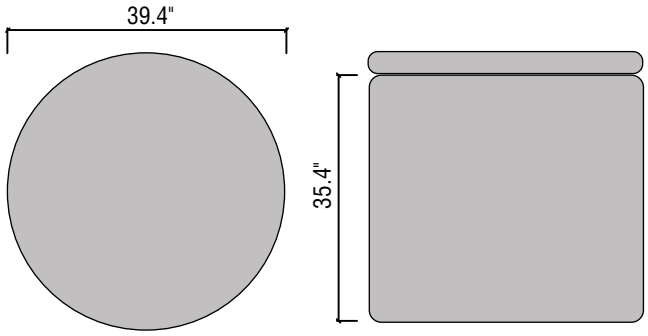
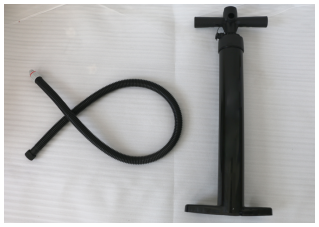


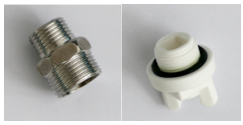
ACCESSORIES



1. Manual Air pump and connection hose

2. Carry Bag

3. Repair Kit



4. Adapter (2 pieces) and Drain Plug (2 pieces)

5. Ground Mat

6. Thermometer

USAGE

Inflate the Tub

1. Align the hose with the pump connection hole, then tighten and assemble to the pump (Figure A).

2. Spread the tub flat, remove the inflation valve switch on the tub (Figure B), install the inflation hose to the inflation valve (Figure C).

3. Use the pump to inflate the tub(Figure E/Figure F). The recommended air pressure is 8–10 psi.

Figure A

Figure B

Figure C

Figure D

Figure E

Figure F

Connect to Chiller

Chiller and water hoses are not included. When connecting tub to your existing chiller (Or when purchasing a SaunaSpa Chiller) it is important to make sure the hoses are installed properly.
Ensure the tub's outlet valve is connected directly to the chiller inlet valve.
Then, make sure the chiller outlet valve is connected directly to the tub's inlet valve. (Figure A)
Use the provided adapter if necessary.

Fill with water

Fill the bathtub with water until the water level is above the outlet of the tub.

How to Care for Your Tub

1. Before using your ice bath tub for the first time, we recommend washing it with warm, soapy water, then rinsing and drying it with a soft, clean cloth.

2. Avoid using abrasive cleaners or high-pressure hoses, as they may damage the tub.

3. Before filling the tub, ensure the drain cap is securely closed to prevent water from leaking.

4. To drain the tub, use the convenient drain tap and hose to empty the water into a nearby sink or drain. Turn the tap carefully to the open position without forcing it. Once the tub is empty, close the tap to prepare it for the next use.

5. For longevity, we recommend draining, cleaning with warm soapy water (as mentioned above), and thoroughly drying your ice bath tub every two weeks.

6. Store the tub in its carry bag, away from sharp objects, extreme temperatures, and direct sunlight to maintain its condition.

Usage of Repair Kit

If the surface of the tub is damaged, use a repair kit to fix it.

WARNING!

- Work in a Well-Ventilated Area -- Repair adhesive contains strong chemicals that can produce harmful fumes. Use it in an open or well-ventilated space. (Repair adhesive glue is not included.)
- Wear Protective Gear – Always wear gloves and safety goggles to prevent skin and eye irritation.
- Avoid Direct Contact – Do not allow the adhesive to come into contact with your skin or eyes. If contact occurs, rinse immediately with plenty of water and seek medical attention if necessary.
- Keep Away from Heat and Flames – Adhesive is highly flammable. Do not use it near open flames, sparks, or high-temperature areas.
- Store Properly – Keep the adhesive tightly sealed in its original container and store it in a cool, dry place, away from direct sunlight and heat sources.

1. Open the repair kit.

2. Take a repair patch and cut it to the appropriate size.

3. Clean the damaged area and its surroundings, ensuring the surface is completely dry.

4. Apply glue to the damaged area and its surroundings, then attach the repair patch. (Glue is not included in the repair kit.)

5. Ensure the product is kept in a cool, dry place, and wait 24 hours before inflating it to check for any remaining leaks.

SaunaSpa®

Bringing the Spa to You