



ROCK

Size (cm)	130 x 100 x 108
Size incl. steps (cm)	185 x 100 x 108
Capacity (liter)	150
Dry Weight (kg)	100
Full Weight (kg)	250
Temperature	until +3°C

Electrical System	
Voltage	230V/50Hz
Amperage	
Low soundlevel	54 dB

Filtration System	Standard
Chiller	1.3 kW





Scientifically Proven Health Benefits

The Wim Hof method

Thanks to Wim Hof, better known as The Iceman, cold water has recently become more popular than ever. His unique method is based on three pillars: cold training, breathing and focus. His method is basic: first you set an intention and then you step into your IceMan Tub. Try to relax and use breathing techniques to keep it going. We share the scientifically proven benefits of taking a ice bath.

1) Increased alertness

A cold bath immediately turns you 'sharp'! Research shows that an ice bath results in an increased heart rate, higher blood pressure and faster breathing. The ingredients for increased alertness! It is like when you take a cold shower, your muscles tense. That causes vasoconstriction. This raises your blood pressure and 'hydrostatic pressure', causing your heart to pump faster and more blood to go to your muscles. In this way the blood brings different substances to the right places in the body. Think of oxygen, vitamins, minerals, glucose and fatty acids. At the same time, waste is removed. And the blood circulation is important for fluid balance, growth and the physical defense system.

2) Stronger immune system

Other research shows that people who take an ice bath every day are 29% more likely to keep healthy. More than 3000 people participated in this study. The ice cold creates white blood cells that strengthen the immune system.

3) Better mood

Do you want to have a better mood? Take an ice bath! The researchers stated that exposure to cold water increases the availability of neurotransmitters such as norepinephrine and endorphins. People would therefore be in a better positive mood.

4) Cool down faster after exercise

Quicker cool down after exercise? Then take an ice bath after your workout! Research has shown that your body cools down a lot faster this way. And as a bonus, it can also help reduce inflammation.

5) Pain Relief

Putting an ice pack on a painful body part is nothing new. The cold causes the swelling to go down. But it also slows down the speed at which nerves send pain signals to the brain. An ice bath will work in the same way for pain relief.

6) Faster recovery

Soaking first in warm water and then in cold water will improve recovery of muscles and recovery of energy quickly.

7) Recruit brown fat cells

Exposing your body to cold temperatures will help recruit more brown fat cells. Brown fat cells hardens the body and will you make more resistant.

8) Train your Intravascular System

Every human body contains 100,000 km of veins! Braving the cold trains the intravascular system, allowing you to have better blood circulation, less chance of inflammation and releasing more oxygen.

9) Burn Calories

Burning calories benefits your health. The ice cold improves your mood, builds muscles and makes you healthy.

10) Willpower and victory

To pass through the barrier and despite the knowledge that the water is ice cold, yet to face it will give you a victorious intoxication that will give you strength and clarity to master problems, but also provides a moment of complete reset because you can't think about anything else during your bath, and you can easily categorize after using the ice bath and see what is most relevant.

