



 Ice Barrel®

Owner's Guide

Welcome to your cold therapy journey. We're here to guide you every step of the way.





Begin by scanning the QR code to access helpful tutorials and tips to get started.

or visit: icebarrel.com/qr-welcome



Setting up your Ice Barrel



Before taking your first ice bath, we have a few suggestions to ensure you have a great experience with your new Ice Barrel.

Setup tips



Choose the right location

Find a level, sturdy surface that can hold up to 700 lbs. Close to a water source, drain access and outlet if using a chiller.



Clean your Ice Barrel

Rinse the inside of the barrel with water and soap before first use to ensure the water is clean and free of debris.



Fill with water

Using a hose or bucket, fill your Ice Barrel and add Ice Barrel water stabilizer, leaving 6 inches of space at the top.



Take a dip

Enjoy the power of cold therapy. When finished use the lid to maintain temperature and keep debris out when not in use.

Get started with cold



While we recommend guidelines based on research, we encourage each individual practicing cold therapy to listen to their body and experiment to find what works best for them.

Quick tips



Aim for below 60°F (15.5°C)

Experienced ice bathers prefer below 60°F for therapeutic benefits. If sensitive, start warmer and adapt gradually.



Focus on your breath

Activate your parasympathetic nervous system by slowly inhaling through your nose and exhaling.



Aim for 3-5 minutes

For those just starting out, try shorter dips of 30-60 seconds and build up to longer 3-5 minute baths as you get more comfortable.



Submerge up to your neck

Exposing the neck and thyroid gland to cold water is important in improving body regulation and cold adaptation.

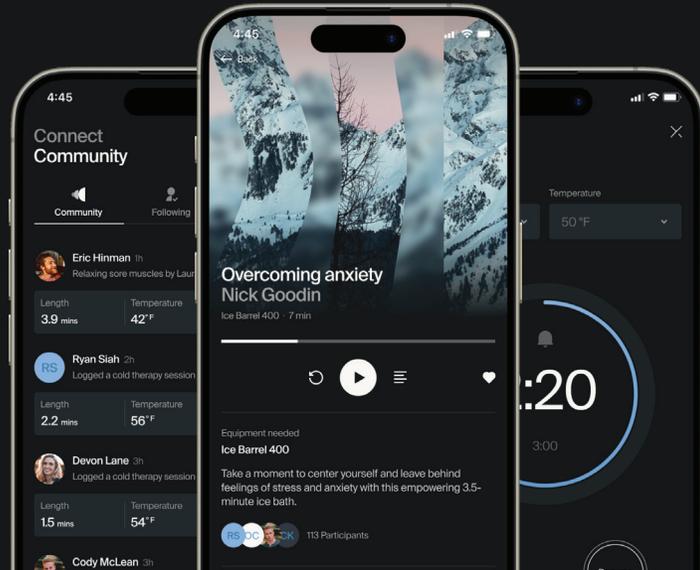
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Get colder. Feel better.



Be wildly courageous

Lead with the heart

Be playfully curious

Live mindfully