

# Ice Baths

Complete Pre-Delivery Guide & User Guide







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# Delivery

## Overview

We deliver thousands of Spa Pools, Hot Tubs and Ice Baths all around the country, the most per year out of any retailer in New Zealand! While similar shapes and sizes, without all the internal pumps and plumbing, Ice Baths are a lot lighter and much easier to move around compared with our acrylic Spa Pools.

The Glacier Ice Bath (60kg) can be lifted by two physically active people and the Arctic Ice Bath (65kg) can be lifted by 3-4 people. If collecting, the Ice Baths can easily be lifted on and off your trailer, then carried to position. *See page 7 for more detail regarding measurements.*

## Delivery Options

At Alpine Spas we provide you a range of delivery options to suit your needs. The following pricing is a guide and based on delivery to main centres. Please discuss and confirm all delivery options with your sales consultant.

SERVICE	TYPE	NATIONWIDE METRO	AKL & CHCH METRO	General Installation
Bronze	Collection from a Mainfreight Depot	\$199	FREE	Not Included
Silver	Curbside Drop-Off	\$399	\$299	Not Included
Gold	Delivery into Position	\$799 <sup>1</sup>	\$399 <sup>1</sup>	Not Included

<sup>1</sup>Complex deliveries and multiple teams needed incur an additional \$200 fee (subject to confirmation).

### Bronze - Collection

Your Spa Pool can be collected from our warehouses located in Christchurch, Auckland or from one of our Mainfreight direct depots located throughout New Zealand. All that is required is a trailer and strops to secure it. Forklift assistance is provided to load the Spa Pool onto your trailer. Non Mainfreight direct depots are excluded from the \$199 offer, speak with one of our friendly sales consultants for more information.

**Note:** For nationwide depots, allow 3-5 working days from date of dispatch (this is the day the spa pool leaves our warehouse). The depot will get in touch with you when stock arrives.

### Silver - Curbside Drop-Off

This method has your Ice Bath delivered directly to your property via a transport truck which is contracted to curbside. If access allows and is safe to do so, the driver will attempt to get as far up the driveway as possible. The Ice Bath is removed off the truck with the use of a tailgate and pallet jack and left vertical on a pallet. You will then need to be prepared to move it into final position with manpower or tools of your own. Setup/installation is not included - see 'SETUP' section on the following page.

**Note:** Allow 3-5 working days from date of dispatch (this is the day the Ice Bath leaves the warehouse). The transport company will call you before delivery. Please note: packaging is not taken away.

### Gold - Delivery into Position

Your Ice Bath will be delivered into the desired final position by use of a either a specialised manpower team or HIAB crane-truck (not both). We ask for some clear instructions and sometimes photos to ensure a smooth delivery. For Hiab/Crane deliveries you will need to ensure the access-way is able to withstand the weight of the truck and load. Setup/installation not included - see 'SETUP' section below.

*Note: If extra manpower or crane reach required is over 14 meters (Auckland/Christchurch) or 7 meters (Nationwide), this will incur an additional cost, please ask for pricing. Please note: packaging is not taken away.*

## Packaging

Our Ice Baths themselves are pre-assembled and are packaged in protective wrapping, sitting upright on a pallet.

The Ice Baths are not overly heavy due to the construction consisting mostly of the polypropylene liner. They can easily slide around on the base if required. The wooden cover is pre-attached in place and the steps will be found packaged neatly inside the Ice Bath under the cover.

The stainless-bands that hold the wooden decorative staves in place are left loose by the manufacturer on purpose. This is because the wood will shrink and expand as it cools and heats during shipping. Upon arrival, the bands and staves will need re-tightening (see "expectations" on pages 4-5).

There's potential for a small amount of surface rust to have formed on the stainless-steel during transit. This can be removed with a mix of baking soda & water and a micro-fibre cloth.

## Setup

The Ice Baths require minimal installation and can be setup and filled with water in no time. You'll want to have someone handy with tools to do the oiling before it catches too much sun.

Here's a simple checklist for what's involved with setup:

- ☐ Remove Packaging
- ☐ Remove Packaged Accessories From Within Ice Bath
- ☐ Tighten Bands & Re-adjust Staves
- ☐ Place Steps
- ☐ Oil Wood
- ☐ Install Drain Valve

# Placement

## Foundation & Base

An Ice Bath can weigh up to 1 tonne when filled with water and therefor requires a sturdy foundation. This needs to be a flat, level surface that supports the entire weight and can handle water spillage. The Ideal surface is a concrete pad with a minimum depth of 100mm and is sized to the width and length of your desired Ice Bath. Pavers or wooden decking are also fine.

While not recommend for long term placement, an Ice Bath can be placed on shingle or a compacted foundation so long as it is leveled out and flat without protruding objects. The polypropylene liner forms the base of the Ice Bath, so any objects underneath have the potential to damage the base.

You will also want your steps to sit on the same level as your Ice Bath, so keep that in mind when preparing your foundation. *See page 6 for measurements of these items.*

## Location & Access

The best place to position an ice bath depends on your personal preferences and the space you have available. Some people prefer to set up their ice bath outside to minimise clean up and spillage, while others prefer to set it up inside for ease of access and more privacy. Whether you position it inside or outside, make sure it's in the vicinity of a tap or water supply.

If you are using an indoor location, make sure that the surface you place the ice bath on is sturdy and can support the weight of the bath when filled with water and ice. You should also consider placing towels or mats around the ice bath to prevent slips and falls.

If you are using an outdoor location, choose a flat and level surface that is sheltered from the wind and direct sunlight. You may also want to use a thermometer to monitor the temperature of the water and adjust the amount of ice you add accordingly.

Overall, the best place to position an ice bath is in a location where you feel comfortable and can easily access the supplies you need to fill and drain the bath. Children should not be near the ice bath unsupervised.

It is the owners responsibility to have the Ice Bath in a position where a service person could work on it in the unlikely event of an issue.

## Drainage

Overflow of water from the Ice Baths is likely, especially when you hop in or when the ice melts. Drainage in/near your foundation may need to be considered to prevent water from pooling around your bath.

Your Ice Bath will also need to be manually drained after each use, so its location has the potential to be a frequent wet area. Both models have an external drain valve supplied, allowing you to easily drain the bath. Once installed (See page 9), simply connect your garden hose and drain the water into the closest gully trap or give your garden a good feed as the water is chemical free.

# Expectations

## Wood

The decorative wooden staves are "Thermowood" - heat treated pine, sourced from a selection of European countries abundant in pine, such as Finland. This type of pine is used to build houses and saunas, so it is structurally sound and an excellent choice for this type of application.

Pine is a softwood and is susceptible to scratches and dents, so please take care when shifting the product. Some light scratching to the wood should be expected upon delivery but should be able to be touched up using a medium to fine grit sandpaper (400). Knots, colour variations, grain variations and mineral streaks are natural characteristics of wood and in no way should be considered defects.

The wooden parts of the Ice Bath will suffer the effects of the harsh Australasian sun, (discolouration, cracking and splitting) unless maintained properly – please refer to oiling section below.

## Oiling

Wood being used in an outdoor application requires regular maintenance to protect it and keep it looking good. The Thermowood is treated in Europe (through a heat treatment process) but it is supplied unoiled. Any wood that is exposed to the Australasian sun needs regular surface treatment with a timber protection oil.

Leaving the Thermowood unoiled will see discolouration of the wood and will cause it to dry out, increasing the chances of cracking or splitting which is not covered by warranty.

As part of the ownership of a natural wood product, please be prepared to:

- Oil the Thermowood upon receivership and installation.
- Re-oil the Thermowood every 6-12 months.

Only the external facing wooden surfaces need to be oiled. We recommend a 'clear coat timber protection oil' such as 'CD-50'. Such products are available from hardware stores such as Mitre 10 or Bunnings. Simply oil using a paintbrush to brush on an even coat. Follow product application and preparation directions.

To oil all of the external wooden faces you will need a fair amount of timber protection oil. It is worth getting up to 10litres of oil to save yourself money, as your Ice Bath will need a re-coat in 6-12 months' time.



# Measurements

## 'Polystone' Polypropylene Liner

The baths core construction consists of a thick plastic (polypropylene) liner, which is then decorated with wooden staves that are held on by stainless-steel bands. This type of plastic is used in many different water based applications such as water tanks, so it is the perfect choice, being light and strong.

Polypropylene is also chosen due to its toughness and elasticity, meaning the plastic is designed to be able to bend and deform without breaking. In the purpose of use as an Ice Bath liner, there is considerable pressure placed on the liner walls from the weight of the water and users. Over time this can result in slight deformation of the plastic and therefore a small amount of warping, bowing, or stretching of the liner should be expected. The Ice Bath will not leak however.

The liner relies on the wooden staves and stainless bands for structural assistance in holding the water weight. Never fill the Ice Bath without checking the bands are tight and installed correctly.

Being plastic, it is also susceptible to scratching. Please note that due to the manufacturing process there will be scratching to the unseen, underside of the base of the Ice Bath. This is normal.

It is difficult to guarantee that upon delivery the inner of the Ice Bath will be completely scratch free but if any, it should be minimal and light. Over time as the tub is used, it will become lightly marked and scratched and this is the nature of the product. Like a stainless-steel bench top, the markings will become somewhat of a pattern and when the Ice Bath is filled, will not be noticable.

## Stainless Steel Bands

Two stainless steel bands wrap around the outside of your Ice Bath, holding the wooden decorative staves in place and providing support for the liner when filled. These bands will loosen over time, so re-adjustment will be needed every so often, which is simply done with two wrenches.

Upon delivery you may find that some of the wooden staves are misaligned. When leaving the manufacturer, the bands are left slightly loose on purpose as there is significant heating and cooling (leading to expansion of the wood) during the long journey from Europe to your backyard.

You may need to assist a few staves back in place when re-tightening the bands. There's potential for a small amount of surface rust to have formed on the stainless-steel during transit. This can be removed with a mix of baking soda & water and a micro-fibre cloth.

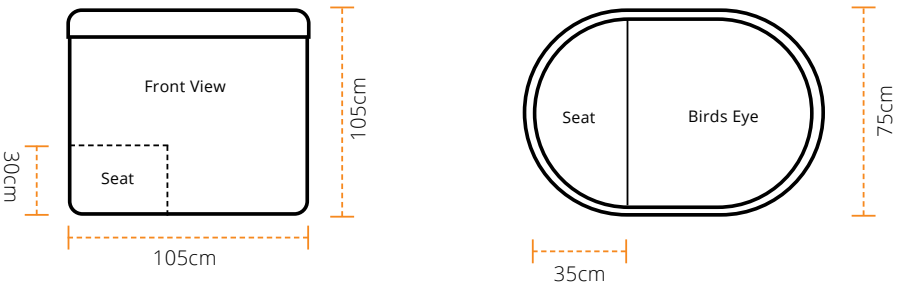
Item	Width (cm)	Length (cm)	Height (cm)	Dry (kg)	Filled (kg)
Glacier Ice Bath*	75	105	105**	60	560
Arctic Ice Bath*	115	115	105**	65	765
Steps	72	57	53	N/A	N/A

\*For packaged dimensions, add 10mm to width & length, plus 100mm to the height to account for wooden pallet.

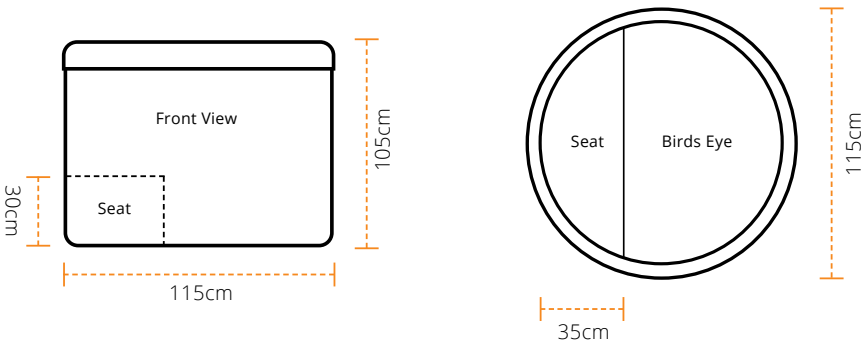
All weights are approx. Measurements are taken at max edge to edge distances.

\*\*Add 10cm to the overall height to account for the Ice Bath Lid

## Glacier Ice Bath

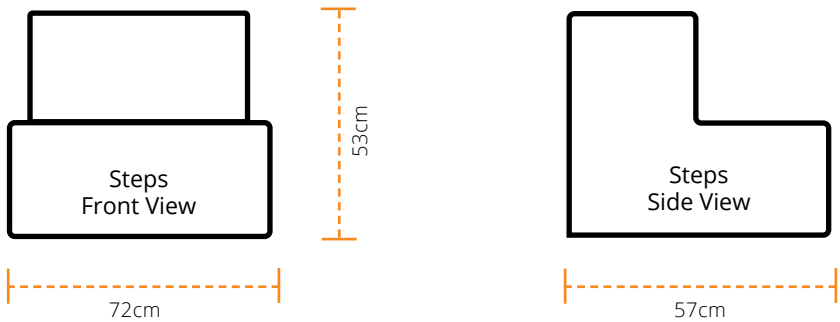


## Arctic Ice Bath



## Steps

The steps should sit on the same level surface as the Ice Bath for safe access. Consider extra foundation to suit.



# Using Your Ice Bath

1. Fill the Ice Bath with cold water from your hose. Make sure to leave room for the water to rise if you intend to add ice.
2. Add your desired amount of ice to the bath if you wish to. (The amount of ice used is personal preference).
3. Test the water temperature before getting in. It should be very cold, but not painful. If it's too cold, add some warm water to the bath. The ideal temperature for beginner bathers is between 10°C to 15°C.
4. Get into the bath and sit down. Make sure your entire body is submerged in the water (Your shoulders should be under the water, submerging your head is optional).
5. Stay in the bath for 5-10 minutes. You can gradually increase the time as you become more comfortable with the cold temperature.
6. Focus on your breathing. Take slow, deep breaths to help your body relax and adjust to the cold.
7. Get out of the bath slowly. You may feel a little lightheaded, so take your time and use caution.
8. After the session, wrap yourself in a warm towel or blanket and rest for 10-15 minutes. Drink water to rehydrate and eat a light snack to replenish your energy levels. Wait at least 30 minutes before taking a warm shower or bath as the hot water can shock your body and negate some of the benefits of the cold exposure.

Remember to listen to your body and stop if you experience any physical pain. Saunas and ice baths can be a great way to promote relaxation, circulation, and recovery after exercise, but they are not suitable for everyone. If you have any medical conditions, consult with your doctor before trying a sauna or ice bath.

# Using Your Ice Bath with a Sauna

1. Fill the Ice Bath with cold water from your hose. Make sure to leave room for the water to rise if you intend to add ice.
2. Add your desired amount of ice to the bath if you wish to. (The amount of ice used is personal preference).
3. Test the water temperature before getting in. It should be very cold but not painful. If it's too cold, add some warm water to the bath. The ideal temperature for beginner bathers is between 10°C to 15°C.
4. Get into the bath and sit down. Make sure your entire body is submerged in the water (Your shoulders should be under the water, submerging your head is optional).
5. Stay in the bath for 5-10 minutes. You can gradually increase the time as you become more comfortable with the cold temperature.
6. Focus on your breathing. Take slow, deep breaths to help your body relax and adjust to the cold.
7. Get out of the bath slowly. You may feel a little lightheaded, so take your time and use caution.
8. Enter the sauna. Allow your body to adjust to the heat and increase the temperature gradually. A typical traditional sauna temperature is around 70 to 100 degrees Celsius.
9. Stay in the sauna for 10-15 minutes. You can gradually increase the time as you become more comfortable with the heat.
10. Leave the sauna and return to the ice bath. The contrast between hot and cold temperatures can help promote circulation and reduce inflammation.
11. Repeat steps 4-10 for a total of 2-3 cycles.
12. Get out of the bath slowly. You may feel a little lightheaded, so take your time and use caution.
13. After the session, wrap yourself in a warm towel or blanket and rest for 10-15 minutes. Drink water to rehydrate and eat a light snack to replenish your energy levels. Wait at least 30 minutes before taking a warm shower or bath as the hot water can shock your body and negate some of the benefits of the cold exposure.

Remember to listen to your body and stop if you experience any discomfort or pain. Saunas and ice baths can be a great way to promote relaxation, circulation, and recovery after exercise, but they are not suitable for everyone. If you have any medical conditions, consult with your doctor before trying a sauna or ice bath.

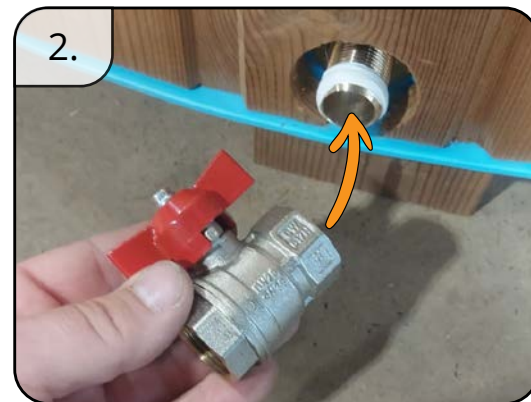
## Installing your Drain Valve

Installing your drain valve is a quick, easy job which needs to be done before using your ice bath. The ball valve is left unattached to minimise freight damage to the valve and the ice bath. Follow the instructions below to secure the drain valve to your ice bath. The drain valve can be found tapped to the steps inside the ice bath.

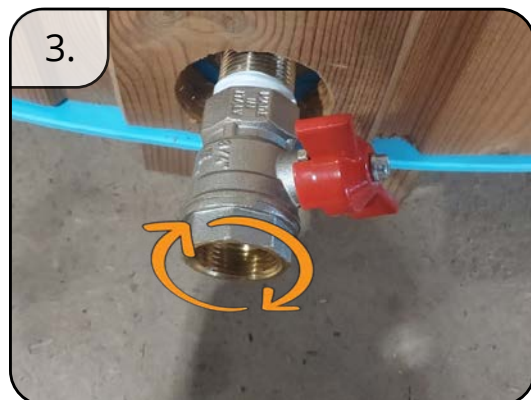
## Tools Required



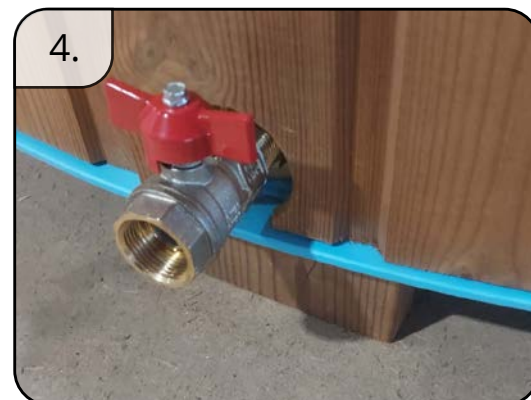
Locate the pre-attached connector on the outside of your Ice Bath. It should come with thread tape installed, as pictured.



Begin to thread the supplied ball valve onto the pre-attached connector. You will need to close the ball valve and raise the ice bath up to rotate the valve.



Begin to thread the ball valve clockwise until it is hand tight. Then use an adjustable wrench to gently tighten it. Be careful not to over tighten the ball valve.



If the ball valve handle doesn't sit in your desired position, you can adjust the orientation of the pre-attached connector (making sure that it's done up tight to prevent leaking).

## Notes

## Sketch

This image shows a full page of blank graph paper. The grid consists of thin, light gray horizontal and vertical lines that intersect to form small squares across the entire surface. There are no margins, text, or other markings on the paper.

## Order Checklist

Below is a checklist with some important steps to guide you through your new Ice Bath purchase:

## Order Details

Ensure your order details are correct. Please check the delivery address, contact phone numbers & email address are correct as well as the model of the Ice Bath.

1

## Payments

Balance payments need to be settled a minimum of one week prior to dispatch date to provide opportunity to book in preferred freight/delivery method.

10

### Delivery Method

Are you fully aware of what is included in your chosen delivery option?

Manpower or Hiab Delivery - Has Alpine Spas received a clear description/photos of your full delivery path?

4

Freight Provider Delivery (Curbside / Depot) - Delivery can take 3-5 business days from the dispatch date on your order. Deliveries to your property are only contracted to the curbside - The delivery team will take it down the driveway if the driver deems it accessible.  
\*Failing to disclose all relevant delivery information may result in addition charges.

## Ice Bath Placement

If your delivery is within two weeks:

- Is the foundation prepared?
- Have you determined the final placement and orientation?

1

## Installation

Installation is not included so upon delivery you will need to be prepared to:

- Remove and dispose of the packaging and pallet the Ice Bath is delivered on
- Unpackage the steps from within the Ice Bath
- Tighten the stainless bands and re-adjust the staves
- Place the steps
- Install the drain valve

1

**Expectations (see pages 4-5)**

As explained in this guide, you are aware that:

- The wood may arrive with light scratching and require touch ups with sandpaper
- The stainless bands (and staves) may be loose upon arrival and will require tightening
- The wood is provided unoiled and requires oiling upon arrival and then every 6-12 months
- The liner is susceptible to scratching and the underside of base will arrive scratched
- Minor deformation of the liner is possible over time, but will not leak
- Chemicals cannot be used in the Ice Bath

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