

COLD PLUNGE POOL

REFRESH. RECOVER. RE-ENERGISE.

A cold plunge pool is typically entered after and between hot thermal treatments to cool bathers down. The rapid change from heat to cold stimulates the body, supports circulation and enhances overall wellbeing.



TEMPERATURE
5°C to 10°C
(41°F to 50°F)



WATER QUALITY
FILTERED,
DISINFECTED,
MONITORED



EXPERIENCE
QUICK IMMERSION
AFTER HEAT
30 SECONDS
TYPICALLY



DEPTH
TYPICAL 1.0 m to 1.5 m
(3' 3" to 4' 11")



BENEFITS
CIRCULATION BOOST
MUSCLE RECOVERY
REDUCED INFLAMMATION
MENTAL ALERTNESS

WHAT IS A COLD PLUNGE POOL?



A cold plunge pool is a small pool or tank kept at low temperatures, typically 5°C to 10°C (41°F to 50°F), used after and between hot thermal treatments. A short, 30-second immersion is enough to kick start circulation and deliver the positive effects of hot/cold contrast therapy.

KEY FEATURES

- ✓ Cooled water maintained at 5°C to 10°C
- ✓ Filtered, disinfected and monitored water
- ✓ Designed for quick and safe immersion
- ✓ Can be indoor or outdoor
- ✓ Often part of a thermal spa circuit
- ✓ Suitable for hotels, resorts and private residences

HOW DOES A COLD PLUNGE POOL WORK?



CIRCULATION STIMULUS

The sudden drop in temperature triggers vasoconstriction followed by vasodilation, supporting healthy circulation.



REDUCES INFLAMMATION

Cold water helps reduce inflammation and swelling in muscles and joints.



MUSCLE RECOVERY

Numbs nerves around joints and muscles and stimulates the release of endorphins and hormones with analgesic properties.



MENTAL REFRESHMENT

The contrast between hot and cold can improve alertness, mood and overall mental wellbeing.

DESIGNING A COLD PLUNGE POOL

1 WATER TEMPERATURE & CONTROL

- Maintain 5°C – 10°C (41°F – 50°F)
- Stable temperature and precise control
- Energy-efficient cooling system

2 SIZE & DEPTH

- Typical depth 1.0 – 1.5 m (3' 3" – 4' 11")
- Allow comfortable entry and exit
- Consider user flow and surrounding facilities

3 WATER TREATMENT & HYGIENE

- Filtered and disinfected water
- Maintain excellent water quality and clarity
- Suitable materials and finishes for cold water
- Regular monitoring and maintenance

4 MATERIALS & FINISHES

- Durable, non-slip finishes
- Materials such as natural stone, tile, stainless steel or acrylic
- Withstand low temperatures and high humidity
- Consider aesthetic integration with spa design

5 USER COMFORT & SAFETY

- Non-slip surfaces and handrails
- Safe and comfortable entry and exit
- Clear signage and guidance
- Appropriate lighting
- Consider supervision in commercial facilities

MATERIALS & CONSTRUCTION

	STRUCTURE	Reinforced concrete or stainless steel shell with waterproof build-up
	FINISHES	Natural stone, granite, tile, acrylic or stainless steel
	SERVICES	Cooling system, filtration, disinfection, circulation and monitoring
	AMBIENCE	Natural material palette, feature lighting and integration with spa design

WELLNESS & ENGINEERING BENEFITS



- ♥ Supports faster recovery after exercise or thermal treatments
- 🌿 Helps reduce inflammation and muscle soreness
- ⚙️ Can stimulate the immune system
- 🌟 Enhances overall physical and mental wellbeing
- 🏡 Creates a refreshing and revitalising spa experience

ENGINEERING WELLNESS. DESIGNING EXPERIENCES.



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EXPERT ENGINEERING FOR WELLNESS AREAS - FROM CONCEPT TO COMMISSIONING