

ICE ROOM

REFRESH. REVITALIZE. RESET.

An ice room offers a refreshing counterpart to heat therapies. Typically maintained at approximately 8–12°C, it stimulates circulation and provides a powerful thermal contrast experience for body and mind.





TEMPERATURE
8–12°C
(46–54°F)



HUMIDITY
NOT CONTROLLED



EXPERIENCE
COLD EXPOSURE
THERMAL CONTRAST
REFRESHING
COOL-DOWN



BENEFITS
REFRESHING
REVITALIZING
CIRCULATORY
STIMULATION



THERMAL CONTRAST EXPERIENCE
Ice rooms are normally positioned close to warmer thermal cabins, allowing guests to cool down following sauna, steam or other heat experiences. Crushed ice may also be applied to the body to intensify the cooling experience.

- Typically compact; approximately 15 m² should be adequate.
- Guests may use wet area chairs without transferring.
- Labeling as "ice room" on drawings may be required for compliance.
- Designed for immersion in a cold-air environment and wellbeing, not personal hygiene.



ACCESSIBLE BY DESIGN
As long as the enclosure is sized correctly and access is provided, ice rooms can fully meet accessibility requirements and be inclusive for all.

HOW DOES AN ICE ROOM WORK?



COLD AIR GENERATION
A high-capacity air cooling system (typically using commercial refrigeration equipment with external condenser) maintains the room at 8–12°C (46–54°F).
Highly insulated walls, ceiling and door keep the cold in and heat out.



WATER & ICE FEATURES
Central ice fountain with crushed ice for body application, cold misting or ice bath options.
Instant cool-down and circulation stimulation.



THERMAL CONTRAST
Placed near heat rooms to maximize contrast therapy benefits for circulation, recovery and wellbeing.
Short stays deliver powerful refreshing results.



SENSORY AMBIENCE
Cool visuals and textures, subtle lighting and arctic-inspired soundscapes enhance the experience.
Mind refresh. Body reset.

DESIGNING & BUILDING AN ICE ROOM

1

COLD SOURCE & SYSTEM

- Commercial refrigeration system with external condenser.
- Operating temperature 8–12°C (46–54°F).
- Air-controlled vestibule at ~16°C (60°F) to minimize heat gain.

2

SIZE & SPACE

- Typically compact; approximately 15 m² should be adequate.
- Turning circle: Ø 1725 mm (68") new / Ø 1525 mm (60") existing properties.
- Allow space for ice feature and benches or seating.

3

DRAINAGE & WATERPROOFING

- Proper floor slope and drain capacity.
- Provide a drain inside the ice room.
- Provide a drain outside in the vestibule.
- Fully waterproof all wet surfaces and joints.

4

SENSORY INTEGRATION

- Waterproof audio system (nature sounds, arctic ambience).
- LED lighting for mood and themes.
- Seadecor features are optional enhancements based on project concept.

5

VENTILATION & SAFETY

- Room completely insulated and normally not ventilated.
- Highest anti-slip rating flooring.
- Floor heating for cleaning and drying.
- Warm water connection for cleaning.

MATERIALS & CONSTRUCTION	
 STRUCTURE	Highly insulated, moisture- and mould-resistant construction. Prefabricated, cement-coated, fiberglass-reinforced polystyrene panels or suitable cold-room construction may be considered.
 WALLS	Temperature-stable materials suitable for cold/wet environments such as glass-fiber reinforced plastic, glass or natural stone.
 FLOORS	Fully waterproof with adequate drainage and the highest practical anti-slip rating. Floor heating recommended for cleaning, drying and maintenance.
 CEILING	Highly insulated construction. Textured or non-drip finish may be considered in accordance with the selected cold-room system.
 DRAINAGE	Drain required inside the ice room and outside in the vestibule to manage melt water and cleaning water.

COMMON MISTAKES IN ICE ROOM BUILDS	
	Insufficient insulation leading to high running costs and poor performance
	Not providing a drain inside the ice room and outside in the vestibule
	Not using anti-slip floor covering
	Inadequate floor slope or drain capacity
	Poor sealing of electrical & hydraulic components
	Water quality issues damaging equipment & guest experience
	Plant room too far from the ice room
	Omitting warm water connection for cleaning
	Badly executed aroma dosing system without non-return device (risk of backflow)