

Benefits of COLD PLUNGING



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IMPROVED SLEEP & REST

COLD PLUNGE

Learn the benefits behind your plunge!



ENERGY

Kickstart your morning or use as an afternoon pick up - not only is the icy water rejuvenating but it also triggers the release of stress hormones that promote alertness.



PERFORMANCE & RECOVERY

Cold plunge benefits extend beyond the mental and chemical aspects of your body. Sports medicine has utilized cold water therapy for years to help with the active recovery of your muscles.



IMMUNE SUPPORT

Being immersed in cold water stimulates leukocytes, the white blood cells that help fight off illnesses. It also causes the lymphatic system to contract, forcing fluid through the lymph nodes. This process aids in detoxing the body and strengthening your immune system.



MOMENTUM

Cold plunging has shown the ability to increase your baseline dopamine, the molecule in our brain and body that is linked to motivation. Dopamine can enhance our depth of focus and lower our threshold for taking action toward goals.



BOOSTED MOOD

Researchers have known for a while that plunging connects to our daily energy. In particular, there is lots of evidence that hormone imbalance can contribute to depression, meaning that a cold plunge might help to reduce depression and improve your mood.



PAIN RELIEF

The boost in norepinephrine you'll get from consistent ice baths has been shown to be up to 5x your baseline amount. This neurotransmitter can dramatically reduce inflammation and help with chronic pain.

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STRESS RELIEF

Cold water therapy has been shown to be an effective supplemental treatment for stress relief by decreasing the stress hormone cortisol. Studies found that regular cold plunge's helped reduce anxiety.



BETTER SLEEP

When you cold plunge, your body triggers the autonomic nervous system - the system that controls your response to stress. When you begin to control your response to stress, you will likely find that you can control your sleep.

PRICING

COLD PLUNGE

30 Minute Block **\$20**

10 Session Package **\$180**

Contrast Therapy (60 Mins) **\$60**

**Unlimited Membership
Wellness Room
(Monthly)** **\$150**

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