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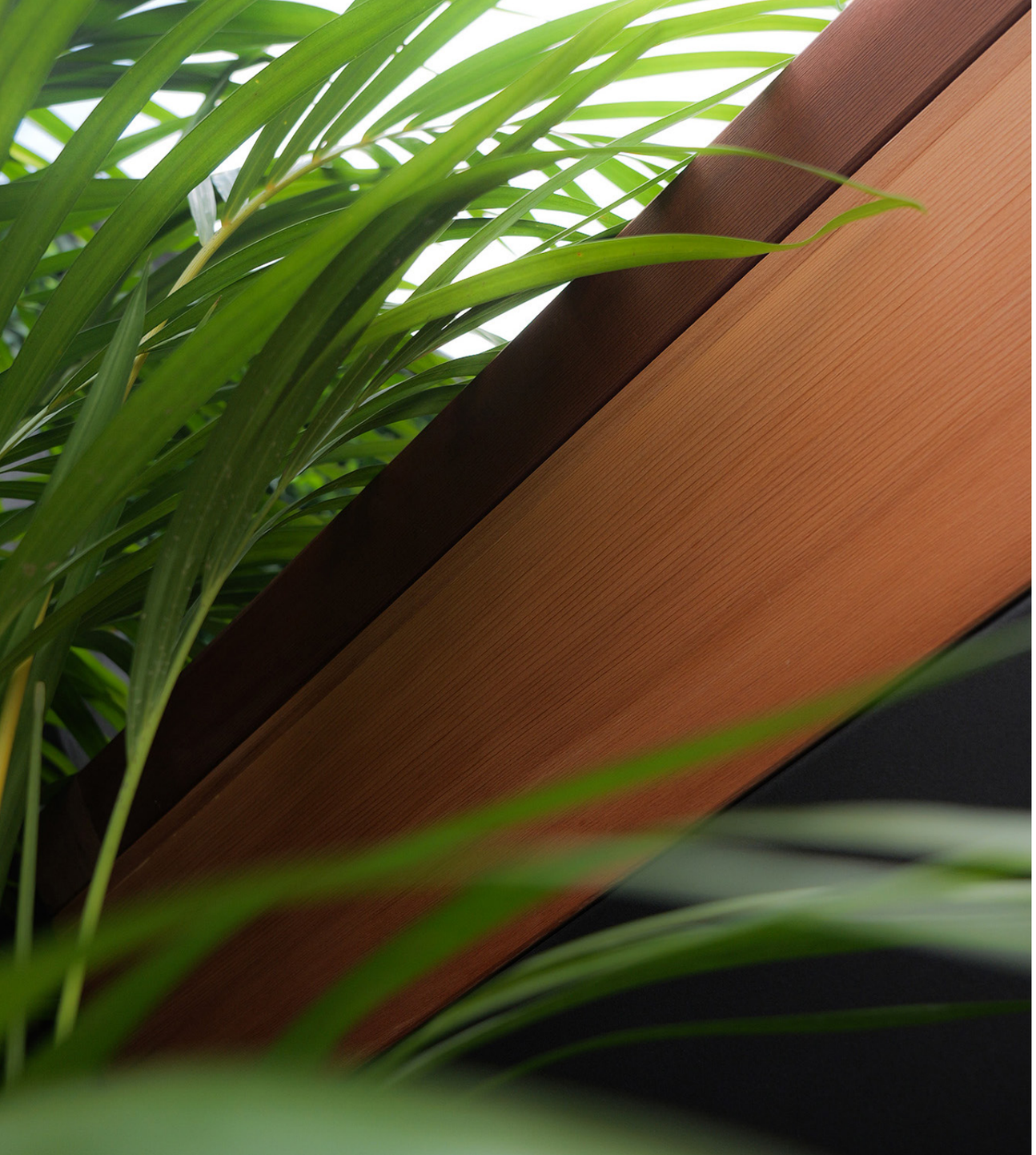
ICE BATH INSTRUCTIONS



USER SAFETY ADVICE

Please consult your GP (doctor) before using your cold tub.

- While cold tubs are suitable for most people in most situations, individuals with mobility, sensory, or cognitive impairments - or those with chronic health conditions, should use them with caution and under supervision.
- Enter slowly - do not jump into the cold water.
- Start gradually with short sessions, and learn your limits.
- Increase duration or reduce temperature cautiously, paying attention to how your body responds each time.
- Keep children away from the cold tub. Any play near it should always be supervised.
- Anyone under medical care (including those who are pregnant or have heart conditions, diabetes, high or low blood pressure, or other health issues) must consult their doctor before use and follow professional guidance.
- People with infectious diseases should not use the cold tub without medical advice.
- Do not use the cold tub after consuming alcohol or recreational drugs.

PLEASE NOTE:
The cold tub is designed for one person at a time - children are not permitted.

If you're new to cold exposure, it's important to learn more about the practice and determine whether it's right for you. This guide is intended for individuals who already have some experience and understanding of cold exposure.

Start gradually, with water temperatures around 10°C and short sessions of up to one minute to help your body acclimate before progressing to colder temperatures and longer immersion times.

1

To prevent air blockages in the cooling system, fill the tub using your garden hose through the filtration system.

2

Plug the tub into the power board using the correct voltage (110V or 220V). Set your desired temperature using the control panel. (Instructions on Page 4)

3

Close the thermal cover (if available) and allow a few hours for the tub to reach the set temperature. Once ready, it's all set for your use.

4

Your tub is equipped with a filter and ozone system to help keep the water as clean as possible. However, we still recommend emptying and refilling the tub every week.

TIPS FOR USE

- Take your time easing into the cold water. Let your body gradually adjust, starting with your feet, then your legs, and finally your upper body.
- Pay attention to your breathing. Keeping a steady, controlled rhythm is key to comfortably adapting to cold water.
- Ensure your hair stays out of the water when using the cold bathtub, as this may affect the pump's operation.
- Set your own preferred temperature and duration. Everyone's tolerance is different - choose what feels right for you, or consult your healthcare provider if needed.

CONTROL PANEL INTRODUCTION

I. Functional Features

Integrated intelligent micro-control system capable of directly operating compressors up to 1 horsepower.

Functions include: Temperature Display and Control, Hot Gas Defrosting, Lighting Control, Disinfection Control, High and Low Temperature Alarms, Parameter Memory and Locking, Self-diagnosis.

II. Technical Parameters

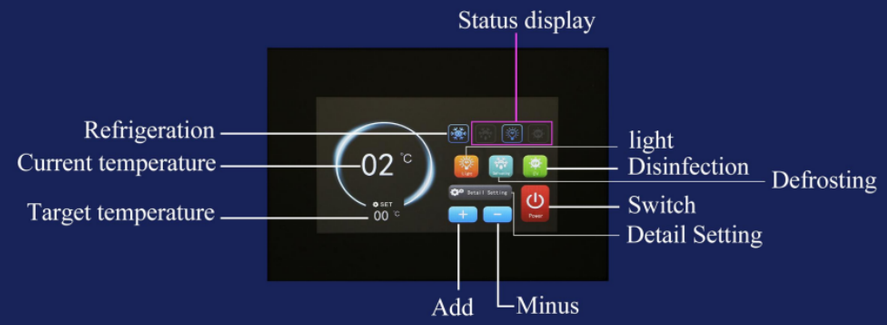
1. Power Output: AC 115VAC
2. Temperature Sensing Probe: NTC, 1 unit
3. Temperature Display Range: -49 to 210°F (-45 to 99°C) Accuracy: -2°F (-1°C)
4. Control Temperature Range:
    - Minimum control temperature to maximum control temperature
    - Factory Setting Value: 46°F (8°C)
5. Appearance Dimensions:
    - 139.5 mm (length) x 97.5 mm (width) x 21mm (depth)
    - Cutout Size: 150 mm (length) x 130 mm (width) x 55mm (depth)

6. Operating Environment:
    - Temperature: -10 to 60°C (14 to 140°F)
    - Relative Humidity: 20%–90% (non-condensing)

7. Relay Contact Capacity:

Compressor: Normally open, 30A / 250VAC (suitable for compressors up to 1 HP; use an AC contactor for higher capacities)

- Lighting: Normally open, 10A / 250VAC
- Water Pump: Normally open, 10A / 250VAC
- Alarm: Normally open, 10A / 250VAC
- Disinfection: Normally open, 10A / 250VAC
- Defrosting: Normally open, 16A / 250VAC



Temperature Control Adjustment: Press [+] or [–] to adjust the temperature value. The new setting will be saved automatically.

Power On/Off: Press and hold **[Power]** for three seconds to turn off the working mode, stop the temperature display, and halt compressor and defrost outputs. Press and hold **[Power]** for one second to display the measured temperature. After a short delay, the working mode will start automatically.

Refrigeration Indicator Light: During the refrigeration process, the indicator light is on. When the unit reaches the set temperature, the light turns off. During the delay period, the refrigeration indicator flashes.

Defrosting Indicator Light: During defrosting, the indicator light is on. When defrosting ends, the light turns off. During the lockout period, the indicator light flashes.

Manual Defrosting: Press and hold **[Defrosting]** for six seconds to start or stop the defrosting process manually.

Disinfection: Press **[UV]** to start disinfection. The disinfection indicator light will turn on. Press the button again to stop disinfection.

Lighting: Press ***[Light]*** to turn the lighting on or off. The lighting can also be controlled in standby mode, and the previous lighting state will be remembered after power-off.

Parameter Setting Interface Operation

Click ***[Detail Setting]*** to enter the parameter setting interface. Use the [+] or [–] keys in the numeric area to modify parameter values. Press and hold ***[Restore Factory Settings]*** for three seconds to return all parameters to their factory default values. Press the ***[Confirm]*** key to save the parameters and exit the interface.

Parameter setting		
Parameter Minimum control temperature ⊕ ⊖		
Numerical value -30℃ ⊕ ⊖		
Restore factory settings	Distribunet tion work	Yes

Distribution Network Operation

- Enter the Settings page.
- Press and hold the [Distribution Network Key] for three seconds
- The settings interface will exit automatically.
- On your mobile phone, open the app and tap “Auto Discover.”
- Select your Wi-Fi network and enter the Wi-Fi password.
- For easier setup, enable Bluetooth on your phone.
- Once the network configuration is complete, the Wi-Fi icon will appear on the display, indicating a successful connection.

Parameter function	Setting range	Ex-factory value
Minimum control temperature	-49℉ Controlling ~temperature -45℃	23℉ -05℃
Minimum control temperature	Controlling temperature~ 122℉ 50℃	59℉ 15℃
Delayed start-up time of compressor	00~10 min	2min
Calibration of water temperature probe	-18~18 ℉ -10~10 ℃	00℉ 00℃
Constant temperature return difference	02~36℉ 01~20℃	05℉ 03℃
Defrosting time	01~240 min	18 min
Ice making return difference	02~36℉ 01~20℃	11℉ 06℃

Parameter function	Setting range	Ex-factory value
Temperature display during defrosting	Normal display Lock display	Normal display
Reach the defrosting temperature Continuous running time of compressor	00~240 min	100 min
Stop time after defrosting	00~60 min	10 min
High temperature alarm	Low temperature alarm ~ 208℉ ~ 98℃ ~ OFF	OFF
Low temperature alarm	OFF~ -47℉ ~ -44℃ High temperature alarm	OFF
Alarmdelay time	00~90 min	60 min
Disinfection time	01~240 min	15 min
Temperature unit	℃ ℉	℉
Language	Chinese English	Chinese

FUNCTION DESCRIPTION

Ice-Making Mode *(When the control temperature is set below 3°C)*

- When the compressor is powered on for the first time, the refrigeration indicator light will flash during the compressor's start-up delay.
- If you press the ***[Power]*** key, the delayed start can be canceled, and the compressor will start immediately.
- When the water temperature probe detects a temperature higher than the set control temperature, the compressor will start.
- When the temperature drops to or below the control temperature, the compressor continues to run until the target temperature is reached.
- After reaching the defrosting temperature or running for the preset compressor time, the system will automatically enter defrost mode.
- To protect the compressor, it must remain off for at least the delay start time before restarting.
- Press the ***[Disinfection]*** key to activate the disinfection cycle and start the water pump. The disinfection process will stop automatically once the programmed disinfection time has elapsed.

Defrosting Control *(When the control temperature is set below 3°C)*

Hot Gas Defrosting: When defrosting starts, the defrost indicator light turns on, and both the compressor and the switching valve are activated. After the preset defrosting time, defrosting ends automatically. The disinfection cycle and water pump will start automatically.

After defrosting finishes (or if you manually stop defrosting), the defrost indicator light will flash. After the defrost stop time, when the water temperature rises above (control temperature + ice-making return difference), the water pump will stop, and the system will re-enter ice-making mode. During defrosting, pressing the ***[Disinfection]*** key will start both the disinfection function and the water pump.The disinfection cycle and water pump will stop automatically after the set disinfection time elapses.

Constant Temperature Mode (When the control temperature setting is greater than or equal to 3°C)

When the compressor is powered on for the first time, the refrigeration indicator light flashes during the compressor's delayed start. Press the ***[Defrosting]*** key to cancel the delay. When the cabinet temperature rises above (control temperature + constant temperature return difference), the compressor starts. When the cabinet temperature falls below the control temperature, the compressor stops. To protect the compressor, it must remain off for at least the delay start time before restarting.The water pump operates continuously.Press the ***[Disinfection]*** key to start disinfection. After running for the preset disinfection time, the disinfection process stops automatically.

Shutdown Mode

In standby mode, press the ***[Disinfection]*** key to start both the disinfection function and the water pump. The disinfection process and water pump will stop automatically after running for the programmed disinfection time.

Water Temperature Display Lock During Defrosting

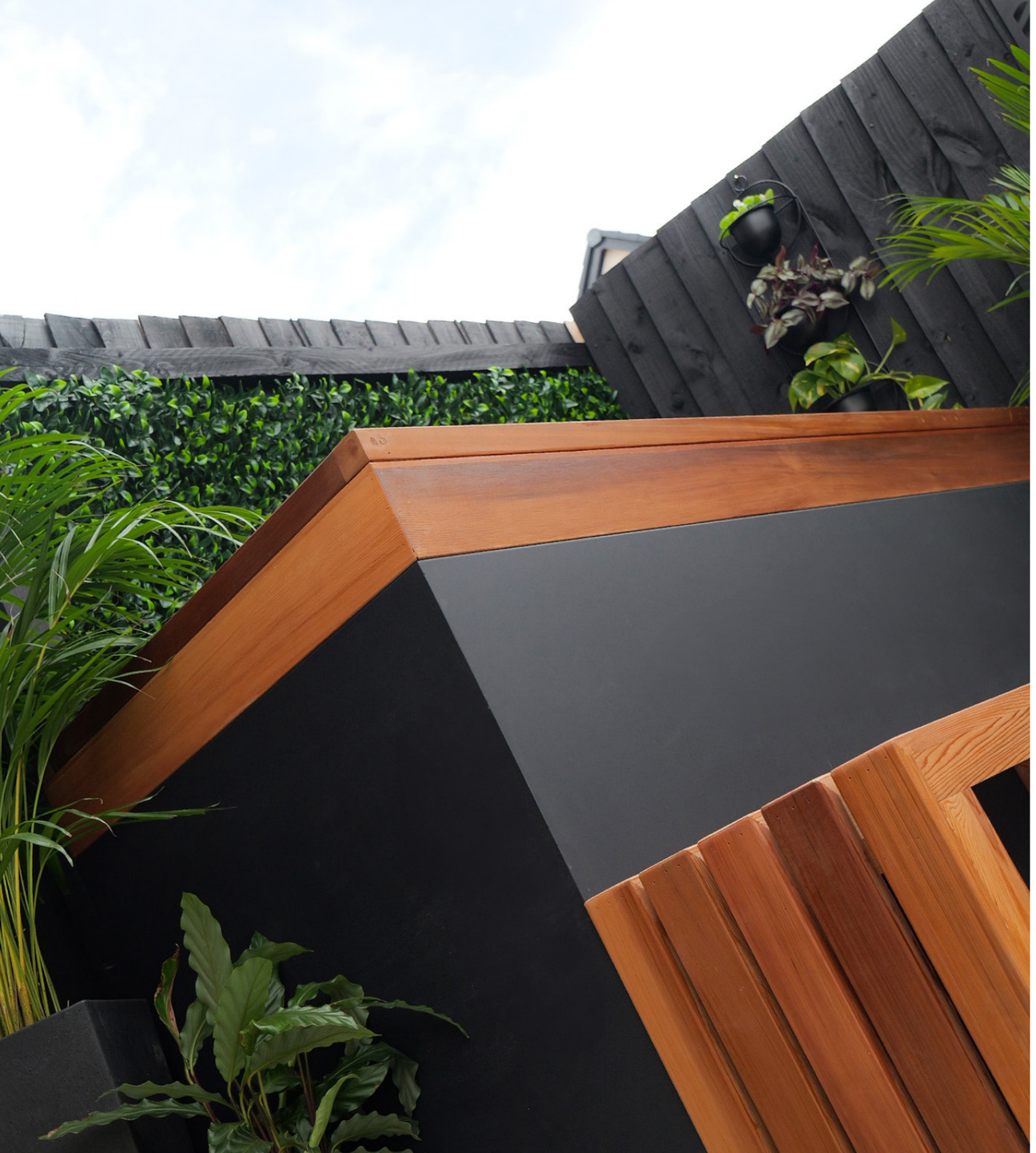
When the parameter "Temperature Display During Defrosting" is set to "Lock Display", the water temperature display will remain locked during the defrosting process. The display will show the water temperature recorded at the start of defrosting. After defrosting ends, the display will either resume normal temperature display after a 20-minute delay, or resume immediately once the water temperature drops below the set control temperature.

High and Low Temperature Overrun Alarm (Set to OFF to disable the alarm)

After system start-up, if the water temperature rises above the High Temperature Alarm limit or falls below the Low Temperature Alarm limit, an alarm will trigger after the Alarm Delay Time has elapsed. An on-screen dialog box will display an error message, and a buzzer will sound. Press the [Mute] key to silence the alarm. Once the water temperature returns to normal, the alarm will automatically reset.

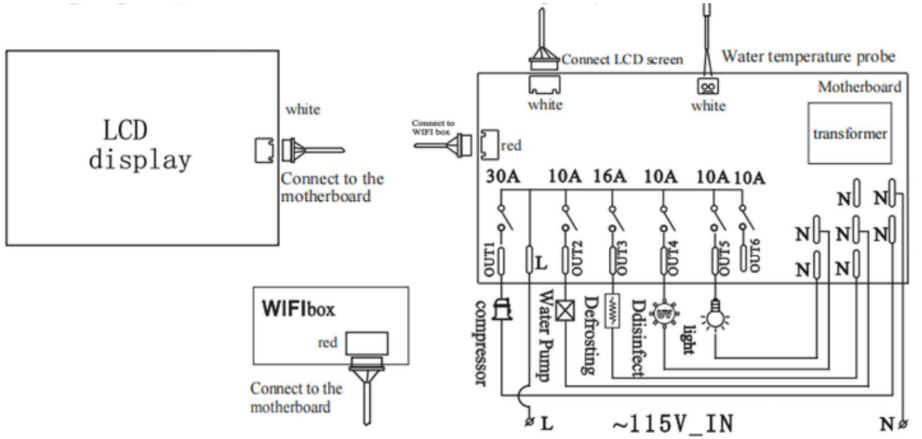
Abnormal Operating Conditions

If the water temperature probe short-circuits or the temperature exceeds 99°C, or if the probe is open-circuited or the temperature falls below -45°C, an error message will appear on the display. In such cases, the system will automatically stop both compressor and defrost output to protect the unit.



Open circuit of water temperature probe or low temperature overrun.	Deaden a noise	High temperature alarm	Deaden a noise
Short circuit or high temperature overrun of water temperature probe	Deaden a noise	Low temperature alarm	Deaden a noise

Wiring Diagram (No models on the screen and control panel)

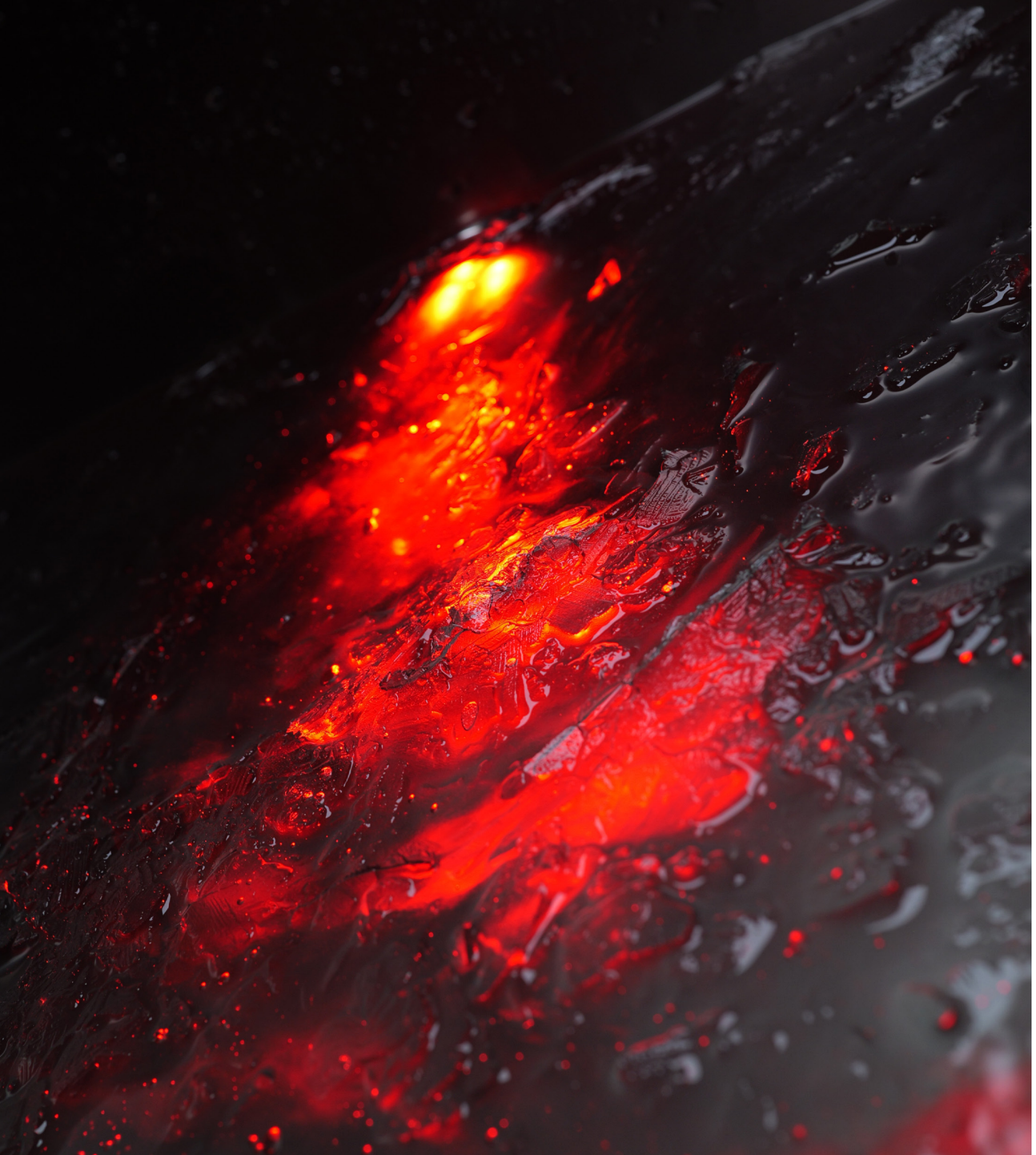


PRECAUTIONS FOR INSTALLATION AND USE

- To prevent high-frequency interference, do not bundle the probe wire with power or control lines.
- The probe wire must be routed separately.
- 12V low-voltage lines must not be run in parallel with high-voltage power lines.
- The temperature probe should be installed with the sensor head facing upward and the cable facing downward.
- If a long-distance installation is required, the probe cable may be extended up to 100 meters without the need for re-inspection.
- The thermostat must not be installed in areas exposed to dripping water or excessive moisture.

THERMOSTAT ACCESSORIES

Temperature Probe Data connection cables x 2 Wi-Fi box



Ozone / UV System

The ozone system must be turned off while taking a cold plunge.

Manually shut down the ozone function after 15 minutes of operation.

The expected service life of the ozone unit is approximately 3,000 hours.

Due to the corrosive nature of ozone, regularly inspect and replace any rubber hoses to prevent wear or damage.

Filtration

It is recommended to replace the filter once per week to maintain optimal water quality.

Use a wrench to carefully unscrew the filter bottle.

Remove the old filter and install a new one securely.

Reattach the filter bottle and ensure it is tightly fastened.

Check for any water leaks before completing the replacement process.

It is also recommended to clean the hair filter once per month to ensure smooth water circulation.

EQUIPMENT SAFETY

- Always disconnect the power supply before performing any wiring, maintenance, or system updates.
- Ensure the power supply voltage matches the specifications listed in this manual, and confirm that the voltage remains stable during operation.
- Install the equipment in a well-ventilated area to ensure proper cooling and reliable performance.
- Allow at least 60 cm (24 inches) of clearance around the unit for ventilation.
- The equipment must be placed horizontally and left stationary for at least 3 hours before powering on. This prevents potential damage caused by liquid backflow during transportation.
- Do not install or operate the equipment outdoors, in or near water, or in excessively humid environments.
- Avoid areas with high temperatures (above 50°C for extended periods), strong magnetic fields, or corrosive substances that could damage the equipment.
- Do not repeatedly toggle the power switch.
- After use, ensure the equipment is properly powered off to maintain safe and stable operation.

DISCLAIMER

The buyer is responsible for faults and losses caused by the following reasons:

Faults and losses caused by incorrect self-transportation.

Failure to follow the manufacturer’s instructions, self-adjustment of factory settings, or unauthorized modification of components such as programs and circuits.

Use of unsafe power lines or unstable power voltage causing equipment damage.

Losses or injuries caused by improper operation ofthe equipment or use in an unsuitable environment.

WARRANTY - ONE YEAR