

WHAT IS THE RECOMMENDED DURATION FOR THE HOT/COLD PLUNGE EXPERIENCE?

We recommend starting with a 15-30 minute session in the sauna. Follow this experience with short submersions of around 1-2 minutes in the cold plunge, gradually increasing to 3-5 minutes as you become accustomed to the temperature changes. Listen to your body and exit if you feel uncomfortable.

WHAT ARE THE *DOS* AND *DON'TS* DURING THE HOT/COLD PLUNGE EXPERIENCE?

Do: Hydrate before and after, ease into the temperature changes gradually, focus on deep breathing, and listen to your body's signals.
Don't: Stay in either treatment for an extended period, exceed recommended temperature extremes, jump abruptly between the hot and cold experiences, or participate if you're feeling unwell or have a fever.

WHAT ARE THE POTENTIAL HEALTH BENEFITS OF THE HOT/COLD PLUNGE EXPERIENCE?

The hot/cold plunge experience can promote circulation, muscle recovery, immune system function, and stress relief. It may also enhance mental clarity and overall well-being.

IS THERE AN AGE RESTRICTION FOR THE HOT/COLD PLUNGE EXPERIENCE?

While there's no strict age limit, children and elderly individuals should participate under supervision and for shorter durations to prevent discomfort or adverse reactions.