

# CLEOPATRA

world of wellness



Relax in luxury

## ICE BATHS



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# ICE BATHS

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# ICE BATH FOR OPTIMAL RECOVERY

Cold immersion therapy has never been easier. Meet the Cleopatra Ice Bath, which cools from room temperature to a refreshing 2–4 °C in 3 to 4 hours. The system is easy to set up and very user-friendly. Designed with your recovery in mind, the Cleopatra Ice Bath offers performance and durability without the hassle. With our powerful cooling, effortless installation, and a built-in self-cleaning filter system, it makes cold immersion therapy simple and effective. This Cleopatra Cold Plunge stands for refreshing recovery, right where you need it.

## WHY TAKE AN ICE BATH?

Ice baths offer various health benefits, especially when it comes to recovery and wellness. Below are a few of the benefits:

### **Muscle Recovery**

Immersion in cold water helps reduce muscle soreness and inflammation by constricting blood vessels, which can aid in faster recovery after intense exercise or physical activity.

### **Reduced Inflammation**

The cold temperature reduces tissue inflammation, which can be beneficial after workouts, injuries, or surgeries, promoting faster healing.

### **Improved blood circulation**

Exposure to cold causes blood vessels to constrict and then dilate upon exiting the ice bath, improving blood flow and circulation, which aids in the delivery of nutrients to the muscles

### **Reduced fatigue**

By reducing lactic acid buildup and minimizing muscle fatigue, ice baths can improve athletic performance and enable greater endurance during physical activity.

### **Mental resilience**

The challenge of enduring cold temperatures can improve mental resilience and resilience, making it easier to manage stress in other areas of life.

### **Improved Immunity**

Regular immersion in cold water has been linked to improvements in the body's immune system, which may reduce the risk of certain diseases

### **Pain relief**

Ice baths can provide temporary pain relief by numbing nerve endings and reducing the perception of pain in muscles and joints.





# PRODUCT FEATURES

- Cooling performance: down to 2–4 °C in 3 to 4 hours at room temperature
- Heating: up to 43°C in 3–4 hours at room temperature
- Convenience: no ice required (can be added if desired)
- Versatile: suitable for indoor and outdoor use
- Durable: wear-resistant housing made of anodized steel
- Noise level: very low noise level
- Self-cleaning: advanced filter system
- Insulation: The included lid effectively prevents the water from cooling down.
- Ease of use: quick to set up
- The system operates on 230V
- Designed and developed in the Netherlands



# WHAT DOES IT CONSIST OF?

## The system consists of two parts:

1. The 1 pk cooling unit is built with a robust anodized steel housing and features ozone purification, 20-micron filtration, and a hair filter. It has a touch panel and is easy to operate.

2. Inflatable pool: It is made of Drop Stitch, a material used to create inflatable structures with 100% flat surfaces. This makes them much stiffer and more rigid. The fabric is created by connecting two external pieces of material using thousands of fine polyester threads that are tightly woven together. When air is added, the threads are pulled taut, creating a sturdy surface.

# HOW D WORK?

## A cold dip in just 4 steps!

1. Inflate the tub and connect the hoses to the chiller.
2. Fill the tub with water
3. Turn on the system
4. Cooled to 2–4°C in 3–4 hours (at room temperature)

## SELF-CLEANING

The system consists of a 3-step filtration process: filtering out larger particles down to the smallest ones, thereby eliminating bacteria and viruses.

1. Pre-filter: This captures hair, sediment, and lint.
2. Water filter: Purifies the water of dust and smaller particles.
3. Ozonator: Applied to the filtered water in the final stage, it kills all bacteria and viruses.

## TAKE THE PLUNGE!

Ready for indoor and outdoor use:

The Cleopatra Cold Plunge System is rated IPX4 water- and dust-resistant and is built to withstand various conditions. You can place it on your balcony, in your garden, or indoors. The sleek, modern design fits into any interior or exterior setting. Experience the benefits of cold immersion therapy, wherever you are!

# TECHNICAL SPECIFICATIONS

## Ice bath specifications:

- Dimensions: round tub 96x96x90 cm or oval 160x80x73 cm
- Material: drop-stitch fabric (double-walled fabric)
- Inflatable
- Includes: lid, hand pump, storage bag, repair kit
- Capacity: 480 liters
- Weight (empty): 16 kg

## Cooler specifications:

- Cooling capacity: 1 HP (2500 W)
- Power consumption: 1,100 W (8.7 A)
- Refrigerant: R32
- Input voltage: 230 V – 50/60 Hz
- Noise level: 48 dBA
- It is also possible to raise the temperature in the winter so you can enjoy hot water (up to 40 degrees Celsius)

\* Of course, this depends on the outdoor temperature; in the example given, from 24 degrees Celsius to 4 degrees Celsius.



Cleopatra offers the perfect wellness experience for individual spaces. Smart solutions for a range of unforgettable moments of personal well-being and relaxation.

For more information about Cleopatra, visit our website at [www.cleopatra.nl](http://www.cleopatra.nl) or contact the Cleopatra branch or partner in your country.

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### **Cleopatra**

Since 1966, Cleopatra has been the Dutch manufacturer of luxury, high-quality wellness products. Our product range includes steam/shower cabins, custom steam solutions, bathtubs, whirlpools, saunas, infrared cabins, and spas. We serve both consumers and the professional market. Cleopatra's primary source of inspiration is water, with the consumer's need for relaxation as our top priority. To ensure quality, all our products are manufactured in-house by skilled craftsmen. In addition, we subject all manufactured products to comprehensive and thorough quality testing. With our passion for the product and our many years of experience, we guarantee the highest quality and durability of all Cleopatra products.

### **Showroom**

To get a good impression of our products, we highly recommend visiting our showroom and Wellness Experience Center in Zaandam. The vast majority of our product range is clearly displayed here for you to explore. Our experienced staff will be happy to welcome you and offer advice.

### **Wellness Experience Center**

Try out wellness products for the bathroom for yourself. Shower, steam, sauna, infrared, or bath—it doesn't matter. Experience the sensation of bubbling water, the beauty of the flowing design, the invigorating scents of the steam cabin, and the massaging power of the latest whirlpool system.

### **Personalized Advice**

To ensure you receive the best advice, we also offer the option of having a Cleopatra wellness consultant visit your home to explore the possibilities for the ideal design of your wellness space. Please contact our office staff to schedule a consultation.

For more information, call 075 - 6478200 or visit [www.cleopatra.nl](http://www.cleopatra.nl)