



OWNER'S MANUAL • PRODUCT BROCHURE

Cold Plunge Recovery Series

Insulated tub • Integrated chiller • Ozone sanitation • 3-Year warranty

SMALL

75 GAL

Length 44"

MEDIUM

110 GAL

Length 54"

LARGE

150 GAL

Length 66"

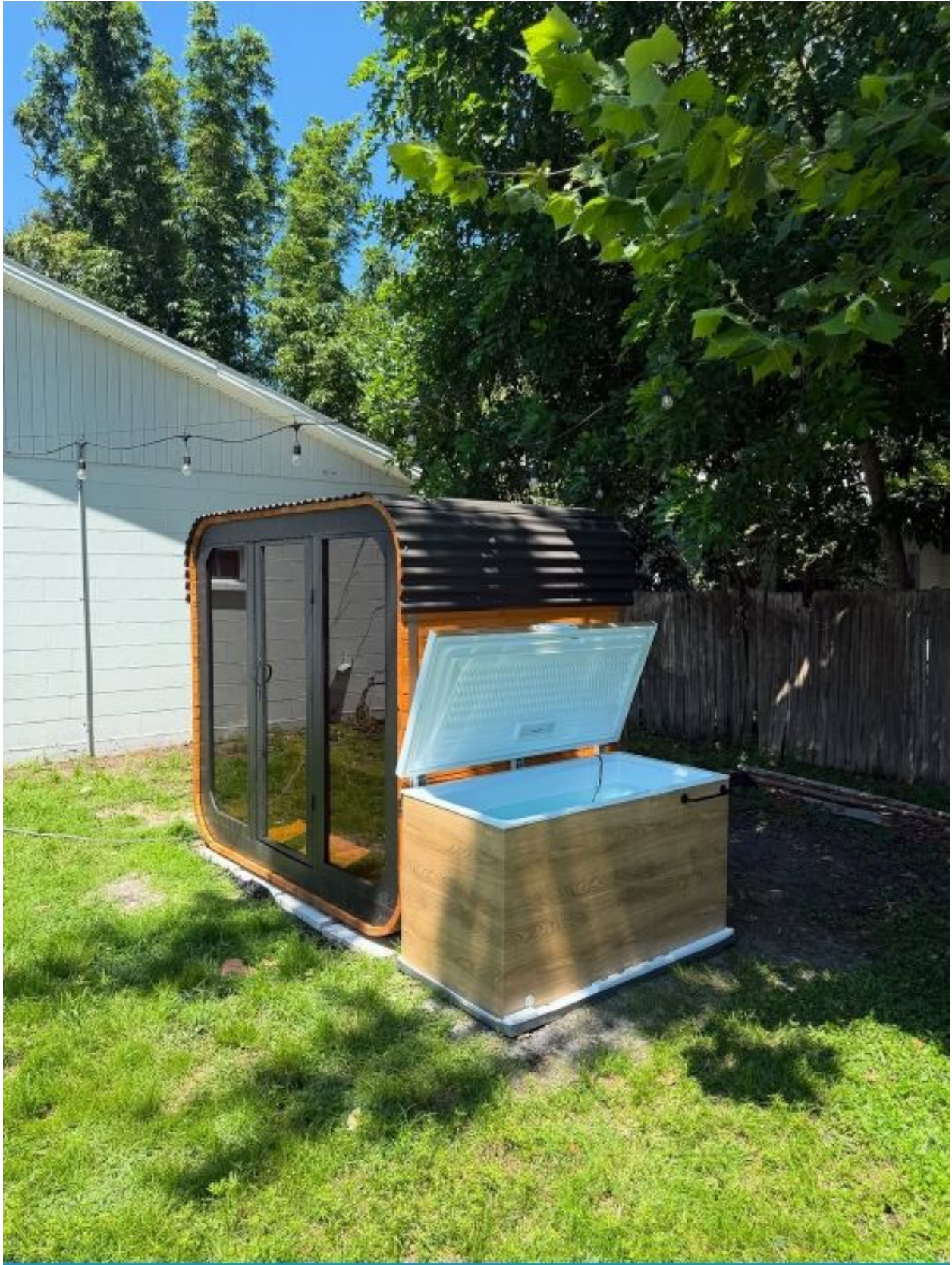
Welcome to Recovery

Thank you for choosing the **Prestige Hyperbaric Cold Plunge**. You have just invested in one of the most rewarding recovery and wellness rituals available — backed by superior insulation, a fully integrated chiller, advanced filtration, chemical-free ozone sanitation, and a 3-year warranty.

This guide is two documents in one. The first half is your **Product Brochure** — the science, the benefits, the size options, and what makes our system different. The second half is your **Owner's Manual** — the safety information, installation guidance, maintenance schedules, and warranty terms that protect your investment and your wellbeing.

39°F Target plunge temperature	2–5 min Typical session length	3×/wk Recommended frequency	11 min Weekly minimum for benefits
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IMPORTANT NOTICE	<p>This manual is not medical advice. The information, benefits, and recommendations in this guide are for general educational and product-use purposes only. They are not intended to diagnose, treat, cure, or prevent any disease or medical condition, and they are not a substitute for advice from a licensed healthcare provider. Always consult your physician before beginning cold-water immersion — especially if you are pregnant, have a heart condition, high or low blood pressure, a respiratory condition, a seizure disorder, diabetes, Raynaud's, a cold-sensitivity condition, or any other underlying medical condition.</p>
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Prestige Hyperbaric Cold Plunge – Large model shown in outdoor installation.

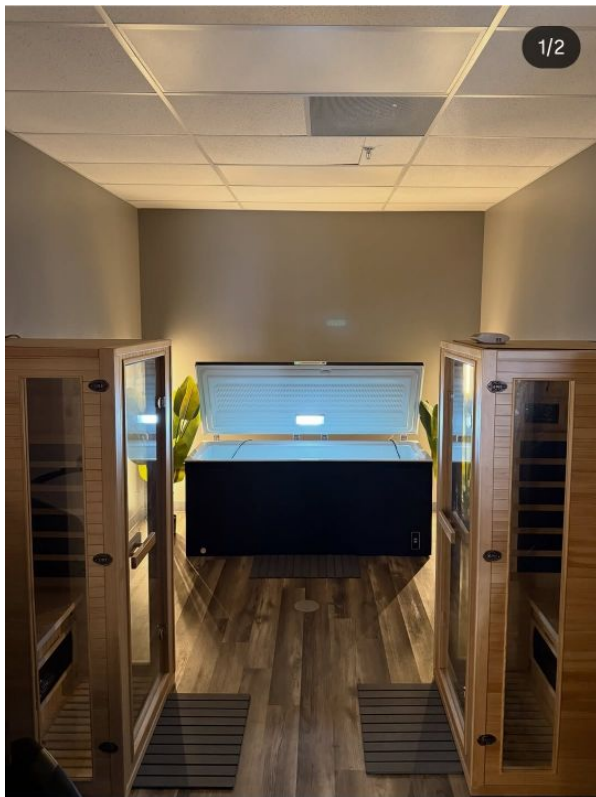
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Why Cold Plunge?

Cold water immersion is one of the oldest — and now most rigorously researched — wellness practices in the world. From Olympic athletes to longevity researchers and physicians, the cold plunge has become a daily ritual for people who want to recover faster, feel sharper, sleep deeper, and build resilience.

A 2024 review in BMJ Public Health concluded that voluntary cold-water exposure may favorably influence cardiometabolic risk, brown adipose tissue activity, energy expenditure, immune function, inflammation, sleep, and recovery after exercise¹. A separate systematic review in the Journal of Physiological Anthropology found that cold-water immersion immediately after training reduces muscle soreness and accelerates fatigue recovery in athletes².



Built for the Ritual

The Prestige Cold Plunge is built around the consistent, repeatable cold sessions that science says actually deliver results. Set your temperature, lock in the cover, and step into the same controlled 39°F session every single morning — no ice runs, no chemistry stress, no guesswork.

The four pillars of a real cold-plunge ritual:

- **Consistency** — same temperature, every session
- **Clean water** — ozone + filtration, not chemicals
- **Comfort** — insulated, ergonomic, easy entry
- **Safety** — child safety lock + GFCI protected

The Science & Benefits

Research published in peer-reviewed journals continues to validate what athletes, monks, and Nordic cultures have known for centuries: brief, controlled exposure to cold water produces measurable benefits across nearly every body system. Below are the most well-documented effects.

<p>Faster Muscle Recovery</p> <p>Cold-water immersion immediately after exercise reduces creatine kinase (a marker of muscle damage) at 24 hours and lactate at 24–48 hours, accelerating recovery between training sessions².</p>	<p>Reduced Inflammation & Soreness</p> <p>Vasoconstriction during cold exposure followed by vasodilation on rewarming flushes inflammatory byproducts from tissue, easing delayed-onset muscle soreness (DOMS) and joint discomfort¹.</p>
<p>Mood, Focus & Mental Resilience</p> <p>Cold immersion triggers a controlled stress response that elevates dopamine, norepinephrine, and endorphins — shown to improve alertness, mood, and the ability to tolerate everyday stressors¹.</p>	<p>Metabolic & Cardiometabolic Health</p> <p>Cold exposure activates brown adipose tissue and increases energy expenditure, and emerging evidence links regular cold therapy to improved cardiometabolic risk markers¹.</p>
<p>Immune Function</p> <p>Routine cold-water exposure has been associated with improvements in markers of immune function and a reduction in self-reported sick days in interventional studies³.</p>	<p>Sleep Quality</p> <p>Many users report deeper, more restorative sleep on cold-plunge days. Reviews suggest cold exposure can support circadian regulation and sleep quality, particularly when used earlier in the day¹.</p>
<p>Discipline & Daily Wins</p> <p>The act of voluntarily stepping into cold water — and choosing to stay calm — is itself the benefit. Daily cold exposure builds a measurable habit of doing hard things, on purpose, before 8am.</p>	<p>Skin & Circulation</p> <p>Cold immersion contracts surface blood vessels and stimulates circulation on rewarming, which users often report as a healthier-looking complexion and reduced puffiness.</p>

References: 1. Jayedi A. et al. "The untapped potential of cold water therapy as part of a lifestyle intervention." *BMJ Public Health*, 2024. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11872954/> 2. Xiao F. et al. "Effects of cold water immersion after exercise on fatigue recovery." *J Physiol Anthropol*, 2023. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9896520/> 3. Espeland D. et al. "Health effects of voluntary exposure to cold water." *Int J Circumpolar Health*, 2022. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9518606/>

Inside Every Prestige Cold Plunge

Every Prestige Hyperbaric Cold Plunge — small, medium, or large — is built with the same premium component set. No upcharges, no stripped-down base models. What's included with every unit:

Superior Insulated Tub

A high-density foam-insulated shell holds your set temperature with minimal compressor cycling — lower energy bills, faster recovery time after the lid opens, and quieter operation.

Integrated Chiller

A built-in chiller takes the unit from ambient water temperature down to your set point — typically 37–55°F — with no buckets of ice and no external plumbing required.

Filtration System

Continuous cartridge filtration captures hair, skin, lotions, and debris down to fine micron levels, keeping the water clear between water changes.

Ozone (Chemical-Free) Sanitation

An integrated ozone generator injects O₃ into the circulating water to oxidize bacteria, viruses, and organic contaminants — then breaks back down into pure oxygen. No chlorine, no bromine, no smell.

Child Safety Lock

The insulated cover features a key-locking child-safety mechanism so the unit cannot be opened by children or pets when you are not present. Always lock the cover after every session.

24/7 Customer Support

Real human support, 24 hours a day, 7 days a week. We're here whether it's a setup question on a Sunday morning or a chiller alert in the middle of the night.

3-Year Warranty

Full 3-year limited warranty on the tub shell, chiller, pump, and filtration. See the Warranty section in Part 2 of this guide for full terms and registration steps.

Ergonomic Design

A clean, modern aesthetic that fits indoor wellness rooms, garages, lanais, and outdoor patios. Available in seven color finishes (see next section).



Insulated cover lifts to reveal the integrated chiller, filtration, and ozone systems.

Choose Your Size

Three sizes, the same premium components in each. Choose by space, by how you want to sit or lay, and by whether you intend to plunge alone or with a partner.

SIZE	CAPACITY	LENGTH	SHAPE & POSITION	BEST FOR
Small	75 gallons	44"	Box-like shape. Knees-to-chest position.	Solo users, tight spaces, fastest cooldown, lowest energy use.
Medium	110 gallons	54"	Full leg extension. Easy full-body submersion.	Most popular size — comfortable for one user up to ~6'2".
Large	150 gallons	66"	Spacious. Easily fits 2 people.	Couples, families, contrast therapy stations, light commercial use.

SMALL

75 Gallon

44" length

Box-like shape

Knees-to-chest position

The Small Prestige Cold Plunge is the most compact way to bring serious daily cold therapy into your home. Its box-style shell takes up roughly the footprint of a chest freezer, fits through standard doorways, and reaches plunge temperature faster than any larger size — making it the best fit for apartments, garages, small bathrooms, or as a second unit alongside a sauna. Position: knees-to-chest. Best paired with a step stool.



MEDIUM

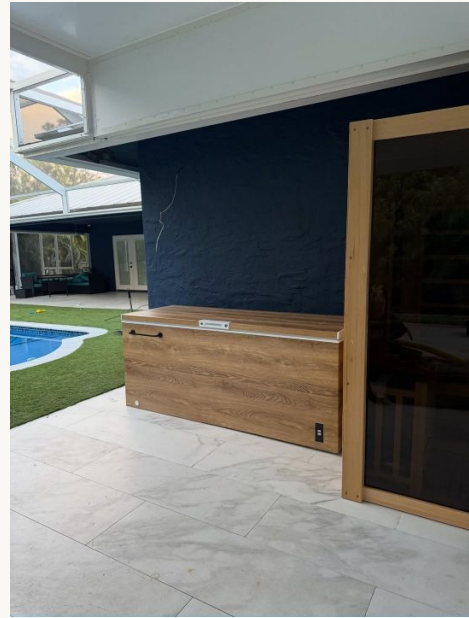
110 Gallon

54" length

Full leg extension

Easy full-body submersion

The Medium is our most popular configuration — the right balance of footprint, water volume, and comfort. Full leg extension means you can sit with legs straight and submerge to the shoulders without folding up. Comfortable for users up to roughly 6'2". A great primary unit for serious daily practitioners who want real comfort without going to a 2-person size.



LARGE

150 Gallon

66" length

Two-person capacity

Spacious solo or shared use

The Large is built for couples, families, light commercial use, and serious contrast-therapy setups paired with a sauna. Two adults can easily fit, and a single tall user gets full extension with room to spare. The deeper water volume also holds temperature longer between sessions — ideal for households with multiple daily users.



Color & Finish Options

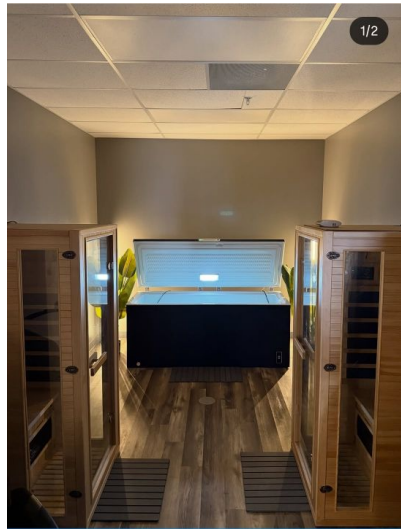
Every Prestige Cold Plunge ships with a durable, weatherproof exterior wrap that you choose at order. Seven finishes are available — from clean modern black, to weathered driftwood, to natural and rich wood tones — so your unit blends into a wellness room, a garage gym, or an outdoor patio.

**COLD
PLUNGE**
Colors



1. Black Oak • 2. Warm Walnut • 3. Whitewashed Plank • 4. Smoked Barnwood • 5. Reclaimed Multi-tone • 6. Natural Oak • 7. Driftwood Grey

Specify your finish at checkout, or call our team for samples before you decide. All finishes are UV-stable and rated for outdoor use under a covered patio or lanai.



Customer installations: outdoor patio (black), garage (whitewashed), and wellness room with infrared sauna pairing.

Read This First

Read and follow all warnings and instructions in this manual to reduce the risk of serious injury or death. Keep this manual for future reference. By using your Prestige Hyperbaric Cold Plunge, you acknowledge that you have read, understood, and agree to the safety information and the Release of Liability included at the end of this manual.

Critical Hazards

DROWNING CHILDREN	Do not allow children under 18 years of age to use the cold plunge. Use by anyone under 18 must be approved by a medical professional and supervised at all times. Prevent access to the unit by children and pets. The cover may not prevent access in all conditions; it is the owner's responsibility to ensure children and pets cannot access the plunge.
DROWNING COLD SHOCK	Sudden immersion in cold water can induce cold shock, which can lead to panic, loss of breathing control, impaired mental ability, or sudden changes in heart rate and blood pressure. Always enter slowly and never plunge alone until you know how your body reacts.
DROWNING ENTRAPMENT	Suction fittings are sized to match the specific pump flow rate. Never operate the unit if suction fittings are broken, loose, or missing.
HYPOTHERMIA	Immersion in cold water can induce hypothermia, which may be deadly. Prolonged use increases the risk. Exit immediately if you experience violent shivering, slurred speech, confusion, sluggishness, blue skin, rigid muscles, or an erratic heartbeat — and seek emergency care.
INJURY DIVING	Never dive, jump, or cannonball into the cold plunge. Doing so may result in serious or life-threatening injury. The plunge is not deep enough for diving.
INJURY ENTRY/EXIT	Surfaces are slippery when wet. Use both hands, enter slowly, and never enter or exit while alone if you are new to cold plunging.
ELECTRIC SHOCK	Install the unit at least 6 ft (1.8 m) from all electrical outlets, appliances, and metal objects unless those objects are properly bonded. Never operate the unit if the GFCI breaker has been bypassed. Do not open the rear service panel — dangerous voltage is present inside.
ALCOHOL & DRUGS	Never use the cold plunge after consuming alcohol or any drug (recreational or prescription) that affects heart rate, blood pressure, balance, or alertness. Doing so dramatically increases the risk of fatal hypothermia, unconsciousness, or drowning.

Warnings & Use Precautions

MEDICAL CONSULT	Always consult your physician before beginning a cold-plunge program, especially if you are uncertain about any medical condition. Cold-water immersion can exacerbate underlying medical conditions.
WATER TEMPERATURE	Do not set the chiller below 37°F (2.7°C). The factory default is 45–50°F; new users should start at 50–55°F and acclimate downward over weeks.
SESSION LENGTH	Start with sessions of 30–60 seconds and gradually increase. Most users see benefits with 2–5 minutes per session. Do not exceed 10 minutes in any single session.
HEAD SUBMERSION	Full head submersion significantly increases risk of cold-water shock, breath-holding blackout, sinus pressure, vertigo, and ear infection. Keep your head above water.
ENTRY	Take 5–10 deep, slow breaths before entering. Lower yourself in slowly — never jump in. Keep your hands, face, and shoulders clear of the water until your breathing is fully under control.
SUPERVISION	Anyone with reduced mobility, reduced sensation, cognitive impairment, or lack of experience must use the unit only when actively supervised by an able adult.
WEATHER	Do not use the unit during thunderstorms, flooding, hurricanes, or other severe weather events.
CHEMICALS	Do not add chlorine tablets, bromine, fluorine, ammonia, or hot-tub multi-function tablets. Only use sanitizers approved by Prestige Hyperbaric (see Water Care).

Medical Contraindications

Cold-water immersion is a powerful physiological stressor. **Consult a licensed healthcare provider before using the cold plunge** if any of the following apply to you:

- ❑ Cardiovascular disease, prior heart attack, arrhythmia, or stroke history
- ❑ High or low blood pressure (treated or untreated)
- ❑ Circulatory disorders, peripheral vascular disease, or Raynaud's phenomenon
- ❑ Diabetes — particularly with neuropathy or circulatory complications
- ❑ Respiratory conditions including asthma, COPD, or recent pneumonia
- ❑ Pregnancy or possible pregnancy
- ❑ Obesity or significant deconditioning
- ❑ Currently taking medication that affects heart rate, blood pressure, circulation, or causes drowsiness
- ❑ Open wounds, active skin infection, or compromised immune system
- ❑ History of fainting, seizures, or cold-induced urticaria
- ❑ Active fever or infectious disease
- ❑ Recent surgery (within the past 8 weeks) or recent joint injury

Do not use the Prestige Cold Plunge if you are currently under the influence of alcohol, recreational drugs, or any medication that impairs alertness, balance, or judgment.

Site Selection & Pre-Installation

Choosing the right location is the single most important step in your installation. A poorly chosen site is the leading cause of long-term issues with any cold plunge — including leaks, drainage problems, chiller overheating, and warranty disputes.

Site Requirements

Surface	Flat, level, structurally rated for the filled weight of your unit (see weights below). Concrete pad, reinforced deck, or compacted paver base is ideal. Never place the unit directly on grass, soil, sand, or carpet.
Drainage	Ground must slope away from the unit and away from the electrical/service compartment. Standing water around the unit voids the warranty on electrical components.
Clearance — air	Maintain a minimum of 20 in (500 mm) of clear, unobstructed airflow on all sides of the chiller intake and exhaust vents. Blocking the vents causes the chiller to enter self-protect mode and dramatically shortens compressor life.
Clearance — electrical	Install the unit at least 6 ft (1.8 m) from any electrical outlet, appliance, switch, light, or conductive metal object that is not properly bonded.
Indoor placement	Ensure floor is sealed and drained. Provide at least 12 in of ceiling clearance above the open cover. Provide ventilation — chillers reject heat into the room.
Outdoor placement	Place under a covered area (lanai, pergola, soffit, awning) whenever possible. Direct sunlight forces the chiller to work harder and accelerates UV wear on the cover.
Filled weight	Small (75 gal): approx. 700+ lbs filled. Medium (110 gal): approx. 1,000+ lbs filled. Large (150 gal): approx. 1,350+ lbs filled. Add user weight when checking floor load capacity.
Cable & hose routing	Power cord and any drain hoses must be routed so they cannot become a trip hazard or be pinched, kinked, or submerged.
Settling period	After delivery, leave the unit upright and undisturbed for a minimum of 24 hours before powering on. This allows the refrigerant in the chiller to settle. Powering on too soon can damage the compressor and void your warranty.

Professional Installation Strongly Recommended

READ FIRST

Prestige Hyperbaric strongly recommends that all cold plunge units be unboxed, positioned, leveled, plumbed, and electrically connected by a qualified, licensed professional — a licensed electrician for the electrical connection and a licensed plumber or qualified spa technician for the water and drain connections. **Improper installation is the leading cause of leaks, electrical faults, and warranty denial.**

Why a Professional?

- A licensed electrician will verify your circuit, GFCI breaker, grounding, and bonding meet local code and the requirements in this manual — protecting you against shock and protecting your warranty.
- A licensed plumber or spa technician will pressure-check all fittings, bleed the air from the pump and filter housing, and verify there are no leaks before water comes into contact with the floor or service compartment.
- A professional installer will document the install in writing — date, photos, and a signed sign-off — which is what we ask for if you ever need to file a warranty claim involving water damage.
- Several common DIY mistakes — kinked hoses, partially closed ball valves, missing O-rings, ungrounded receptacles, and over-tightened unions — are not covered under warranty if they cause failure.

Required Pre-Power Checks

- Unit has been upright and undisturbed for ≥ 24 hours since delivery.
- Unit is sitting level (use a bubble level on the top rim, side-to-side and front-to-back). Out-of-level units leak.
- All factory hose connections, unions, and ball valves are visibly tight and in the correct (open or closed) position per the install diagram included in your shipment.
- Filter cartridge is installed and the filter housing lid is hand-tight.
- Air bleed screw on the pump/filter housing has been opened to release trapped air, then closed once water flows freely.
- Drain plug is fully closed and finger-tight (do not use tools — over-tightening cracks the seal).
- GFCI breaker is installed and tested with the TEST/RESET button (see Electrical Requirements).
- Cover is on, child-safety lock engaged.
- Owner has signed the Installation Acknowledgment on the last page of this manual.

LEAK PREVENTION

Fill water to the indicated MAX line — never higher. Filling above the line causes overflow when users enter the tub, which can submerge the service compartment and cause electrical damage. After cleaning or filter service, always verify that the ball valve is fully closed before refilling, and bleed the pump/filter housing of air to prevent air locks that can crack fittings. Use the insulated cover whenever the unit is unattended to keep rainwater out of the service area.

Electrical Requirements & GFCI

All Prestige Cold Plunge units operate on a dedicated 110–120V, 15-amp circuit. The electrical installation must comply with the National Electrical Code (NEC) and any state and local codes. **All electrical work should be performed by a licensed electrician.**

Specifications

Voltage	110–120 V AC, 60 Hz (North America).
Amperage	15 A dedicated circuit.
Plug	Standard NEMA 5-15 grounded plug. Do not modify, cut, or replace the plug.
GFCI / RCD	Required. Unit must be protected by a Class A GFCI (North America) or RCD (international). Test the GFCI monthly using the TEST button; reset using the RESET button.
Bonding & Grounding	All metal components within 5 ft (1.5 m) of the water must be properly bonded with approved copper conductors per NEC 680 or local code.
Disconnect	A manual disconnect switch, visible and accessible, must be installed at least 5 ft (1.5 m) from the water line.
Extension Cords	Never use an extension cord, power strip, or surge strip. The unit must plug directly into a dedicated GFCI-protected outlet, or be hard-wired by an electrician.
Modifications	Removing, bypassing, or defeating the GFCI breaker or the grounding pin renders the unit unsafe and voids the warranty in full.

DANGER

Risk of electric shock. Do not place electrical appliances (TVs, radios, lights, fans, phone chargers) within 6 ft (1.8 m) of the cold plunge. Do not use the unit if the GFCI breaker has tripped repeatedly — disconnect power and contact 24/7 Customer Support before further use.

Initial Fill & Startup

1	Position & level. Confirm the unit is in its final location, on a level pad, with all required clearances. Do not move the unit after it is filled.
2	24-hour settle. If the unit has been moved or tipped during delivery, wait a minimum of 24 hours before powering on.
3	Inspect plumbing. Verify that all hose unions, fittings, and the drain plug are finger-tight. Check that the ball valve is in the OPEN position for normal operation (closed only during draining).
4	Install the filter cartridge. Open the filter housing, place the cartridge inside, and hand-tighten the lid.
5	Fill with water. Use a clean garden hose to fill with fresh, cold tap water up to the MAX fill line. Never fill above the line.
6	Bleed air. Open the air bleed screw on the pump/filter housing until a steady stream of water (no air) exits, then close. This prevents air locks that can damage the pump.
7	Verify GFCI. Press TEST on the GFCI breaker — the breaker should trip. Press RESET. Do not proceed if it fails to trip.
8	Plug in. Plug the unit into its dedicated GFCI-protected receptacle.
9	Set temperature. Set the chiller to 55°F for your first session. You can decrease in 2–3°F increments over the following weeks as you acclimate. Never set below 37°F.
10	Cool-down period. The unit takes 6–18 hours to reach the set temperature from a fresh fill, depending on starting water temperature and ambient conditions.
11	Lock the cover. Once the cover is on, engage the child safety lock and keep the key out of reach of children.

How to Use Your Cold Plunge

Before You Plunge

- Confirm water temperature on the chiller display.
- Have a towel, robe, and (in cold months) warm clothing ready within arm's reach.
- Take 5–10 slow, deep nasal breaths to calm the nervous system before entering.
- Use the integrated step or a non-slip stool to enter — never jump or dive.
- Submerge to the shoulders only. Keep your head, face, and ears above water.

During the Plunge

- Keep breathing slow, smooth, and controlled. Long exhales calm the cold-shock response.
- Do not hold your breath. If you experience uncontrolled gasping, exit immediately.
- Start with 30–60 seconds. Build to 2–5 minutes over several weeks.
- **Maximum recommended session length: 10 minutes.**
- Exit immediately and warm up if you experience violent shivering, numbness in fingers or toes, chest pain, difficulty breathing, confusion, or dizziness.

After the Plunge

- Towel off and dress in warm, dry clothing — start with the core and feet.
- Move gently. Do not jump straight into a hot shower; let your body warm naturally.
- Hydrate with room-temperature or warm water.
- Close and lock the cover. Engage the child safety lock.
- Wait at least 20 minutes before driving if you feel any residual dizziness.

How often?

Research suggests 11 minutes of total cold exposure per week, spread across 2–4 sessions, is enough to deliver most of the measurable benefits. A practical starter program: 2 minutes at 50°F, four mornings per week. Build slowly. More is not better.

Ozone Sanitation & Filtration

Your Prestige Cold Plunge uses an integrated **ozone (O₃) generator** and a **cartridge filtration system** to keep the water clean — without chlorine, bromine, or other harsh chemicals.

How Ozone Works

The ozone generator injects O₃ molecules into the circulating water. Ozone is a powerful oxidizer that destroys bacteria, viruses, and most organic contaminants — and then breaks back down into ordinary oxygen. There is no chemical residue, no smell at normal levels, and no skin or eye irritation. Ozone has been shown to kill 99.99% of common waterborne microorganisms without chemical byproducts.

How Filtration Works

The circulation pump moves water continuously through a fine-micron cartridge filter that captures hair, skin cells, lotions, body oils, and other particulates. Continuous filtration is what keeps your water visually clear between water changes. Run the filtration pump for a minimum of **4 hours per day** — most users leave it on 24/7, which is the factory default.

Target Water Parameters

Parameter	Target Range	Why It Matters
pH	7.2 – 7.8	Prevents corrosion, keeps water comfortable
Total Alkalinity	80 – 120 ppm	Buffers pH against swings
Calcium Hardness	100 – 250 ppm	Prevents corrosion (too low) and scale (too high)
Temperature	37 – 55 °F	Therapeutic range. Never below 37 °F
Filtration runtime	≥ 4 hrs/day	Most users leave on 24/7

CAUTION

Do not add chlorine tablets, bromine, fluorine, ammonia, or hot-tub multi-function tablets to the water. These chemicals damage the ozone system, attack the filter media, and may corrode the chiller components — voiding the warranty. If you require supplemental sanitation (heavy use), use a sanitizer specifically approved by Prestige Hyperbaric. Contact 24/7 Support for the current approved list.

Maintenance Schedule

Following this schedule keeps your water clear, your equipment within warranty, and your sessions enjoyable. Skipping maintenance is the most common cause of cloudy water, biofilm, premature filter failure, and chiller alarms.

FREQUENCY	TASK
DAILY	Visually inspect water clarity. Confirm chiller display reads target temperature. Check that the cover is locked when not in use.
WEEKLY	Wipe down the waterline with a clean cloth and warm water (no soap). Skim any floating debris. Verify pH and alkalinity with test strips.
EVERY 2–3 WEEKS	Remove and clean the filter cartridge: rinse thoroughly with a garden hose, soak in filter cleaner per the cleaner's directions, rinse again until clear, allow to dry, and reinstall.
MONTHLY	Test the GFCI breaker using the TEST/RESET buttons. Inspect the cover, gasket, and child-safety lock. Inspect all visible hose unions and ball valves for moisture or seepage.
EVERY 3–4 WEEKS	Drain, wipe the interior with a non-abrasive cleaner (no bleach, no abrasives), rinse thoroughly, and refill with fresh water. Heavy-use households should drain every 2–3 weeks; light-use single-person households can extend to 6–8 weeks.
EVERY 6 MONTHS	Replace the filter cartridge if the pleats are deformed, the end caps are cracked, or fine paper fibers are visible in the water.
ANNUALLY	Have a qualified spa technician inspect the chiller, ozone unit, pump, and all electrical components. Vacuum chiller intake/exhaust grills.

Cleaning & Water Care

How to Clean the Filter Cartridge

1. Turn off and unplug the unit at the dedicated GFCI receptacle.
2. Open the filter housing lid by hand. Lift out the cartridge.
3. Rinse thoroughly with a garden hose, working between the pleats from top to bottom.
4. Soak in a bucket of warm water with a capful of cartridge cleaner (or 1 capful of household bleach if no cleaner is on hand) for 20–60 minutes.
5. Rinse again until all foam is gone and the water runs clear.
6. Allow to air-dry. If you have a spare cartridge, swap it in so the unit can resume operation immediately.
7. Reinstall the cartridge. Hand-tighten the lid. Plug back in and verify the pump primes correctly.

How to Drain & Refill

1. Turn off and unplug the unit.
2. Connect a standard garden hose to the drain valve (or use a submersible pump for fastest results).
3. Open the drain valve and route water to a code-compliant drain or landscape area away from the unit.
4. Once empty, close the drain valve finger-tight.
5. Wipe the interior shell with a soft cloth and a non-abrasive cleaner formulated for acrylic or fiberglass spas.
Do not use bleach, ammonia, abrasive scrubbers, or solvents.
6. Rinse thoroughly. Refill to the MAX line with fresh, cold tap water.
7. Bleed air from the pump/filter housing, plug the unit back in, set your target temperature, and lock the cover.

What NOT to Do

- ❑ Do not use chlorine tablets, bromine, fluorine, ammonia, or hot-tub multi-function tablets.
- ❑ Do not use household bleach inside the tub (only as a filter soak, well-rinsed).
- ❑ Do not use solvents, acetone, or alcohol on the interior or exterior wrap.
- ❑ Do not pressure-wash the exterior wrap or the chiller vents.
- ❑ Do not let pets drink from or enter the unit. Animal hair clogs filters quickly.
- ❑ Do not bathe or rinse off shampoo, conditioner, lotions, or sunscreen in the tub.

Cold-Weather & Storage Care

Year-Round Operation

Your Prestige Cold Plunge is rated for year-round outdoor operation under a covered area in climates that do not regularly drop below 32 °F (0 °C). The chiller's self-circulation and the insulated cover protect against icing in light freezes. If your installation is fully outdoors and your region sees prolonged sub-freezing temperatures, follow the winterization steps below.

If Leaving the Unit Off for > 7 Days

- Turn off and unplug the unit.
- Drain the tub completely (including the filter housing and chiller lines per the included quick-start diagram).
- Remove and dry the filter cartridge. Store indoors.
- Wipe the interior dry. Leave the cover slightly cracked to vent moisture.
- If sub-freezing temperatures are expected, blow out residual water from the plumbing with a wet/dry shop vac on low.
- Cover the unit. Engage the child safety lock.

CAUTION

Never leave water in the tub or plumbing if sustained sub-freezing temperatures are expected. Frozen water expands and can crack the shell, chiller, pump, and fittings — damage that is not covered under warranty.

Troubleshooting

SYMPTOM	LIKELY CAUSE	ACTION
Unit will not power on	GFCI tripped; receptacle dead; loose plug	Press RESET on GFCI; test outlet with another device; confirm plug is fully seated. If GFCI trips repeatedly, stop use and call Support.
Water not reaching set temperature	Cover open during cool-down; vents obstructed; ambient too hot	Lock cover; clear 20 in around vents; relocate to shaded area or run during cooler hours. Allow up to 18 hrs after fresh fill.
Cloudy or hazy water	Filter dirty; ozone unit off; biofilm forming; lotion/sunscreen residue	Clean or replace filter; verify ozone indicator light; perform a full drain & refill; do not enter the tub with lotions or sunscreen.
Water has odor	Organic buildup; filter overdue; ozone unit fault	Drain, clean, refill; replace filter; if odor persists after a clean fill, contact Support.
Visible water under or beside the unit	Loose union; cracked O-ring; air-locked pump; overfill	Power down. Verify fill level is at MAX line, not above. Inspect all visible unions and the drain plug for moisture. Contact Support before re-powering.
Pump cycling on and off rapidly	Air lock; clogged filter; low water level	Power down. Open air bleed screw to release trapped air. Clean filter. Refill to MAX line.
Chiller making louder than normal noise	Vents blocked; unit not level; refrigerant settling after move	Clear vents; re-level with a bubble level; if unit was recently moved, allow 24 hrs of settle time before re-powering.
Cover does not lock	Lock cylinder misaligned; debris in keyway	Inspect lock for debris; do not force. Contact Support for replacement lock cylinder.
GFCI trips repeatedly	Water in service compartment; failed component; faulty GFCI	Stop use immediately. Disconnect power at the breaker panel. Contact 24/7 Support — do not open the service panel yourself.

Child Safety Lock & Cover Use

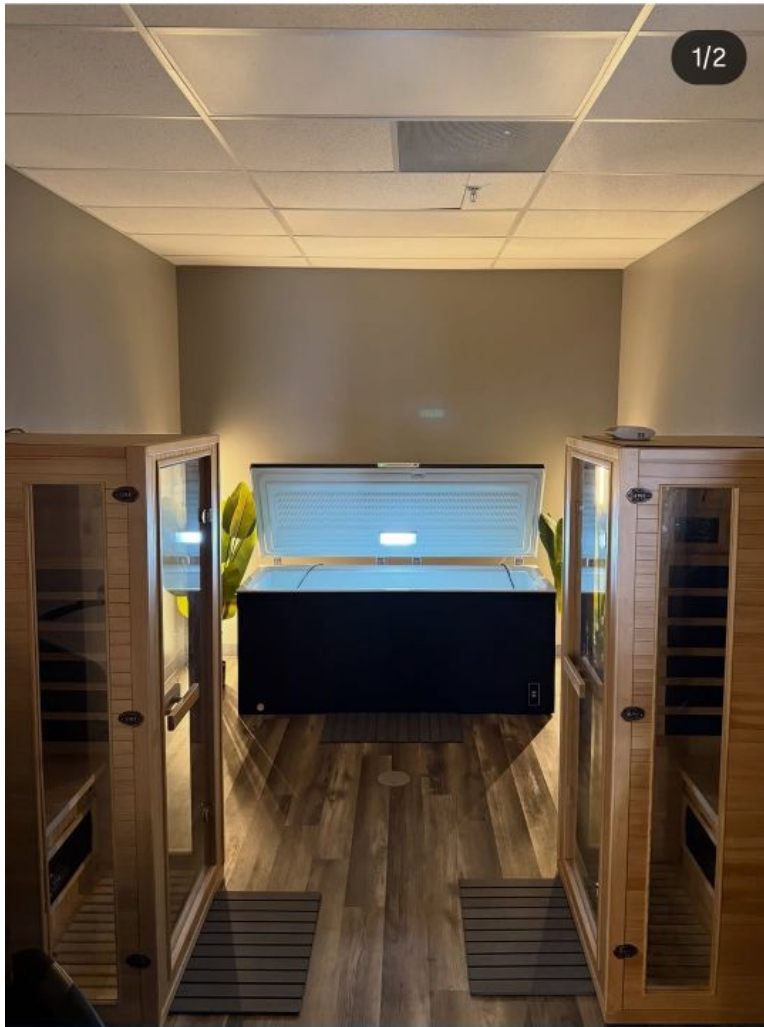
Every Prestige Cold Plunge ships with an insulated cover and a key-operated child safety lock. The cover and lock are essential safety devices — not accessories.

Rules of Use

- **Always** close and lock the cover when the unit is unattended — even for a moment.
- Keep the lock key in a location not accessible to children.
- Inspect the cover, gasket, and lock once per month for tears, mildew, or damage.
- Replace the cover if seams open, foam becomes waterlogged, or the lock no longer engages firmly.
- Do not stand, sit, or place objects on top of the cover.
- Do not drag the cover across rough surfaces — lift it.
- Never leave children unattended near the cold plunge, whether covered or not.

WARNING

The cover and child safety lock reduce — but do not eliminate — the risk of unauthorized access. They are not a substitute for active adult supervision. It remains the owner's responsibility to ensure that children, pets, and other unauthorized persons cannot access the cold plunge at any time.



Cold plunge installed in a professional wellness studio. Always lock the cover after every session.

3-Year Limited Warranty

Prestige Hyperbaric warrants each new Cold Plunge unit, when used for personal household use and registered within 30 days of delivery, against defects in materials and workmanship for the following periods, measured from the original date of delivery:

COMPONENT	COVERAGE PERIOD
Tub shell — structural integrity	3 years
Chiller — sealed system (compressor, condenser)	3 years
Pump	3 years
Filtration housing & plumbing	3 years
Ozone generator	2 years
Electronic control board & display	2 years
Cover, gasket, child safety lock	1 year
Filter cartridge, fuses, light bulbs (consumables)	Not covered

What Is Covered

Repair or replacement of defective parts, at Prestige Hyperbaric's discretion, including the cost of Prestige-supplied replacement parts shipped to the original delivery address. Labor for in-warranty repair is covered for the first 12 months of ownership; after 12 months, the customer is responsible for labor and service-call fees, with parts covered per the schedule above.

What Is NOT Covered

- Damage caused by improper installation, including any installation not performed or verified by a licensed electrician and licensed plumber/spa technician.
- Damage from operating the unit before completing the 24-hour settling period after delivery.
- Damage from freezing, flooding, lightning, power surges, fire, vandalism, abuse, neglect, or acts of nature.
- Damage from using non-approved chemicals (chlorine, bromine, fluorine, ammonia, multi-function tablets).
- Damage from removing, bypassing, or defeating the GFCI breaker, grounding pin, or any safety device.
- Cosmetic wear: scratches, fading, dings, gasket compression, normal exterior wrap weathering.
- Consumable items: filter cartridges, fuses, gaskets, O-rings, light bulbs.
- Damage from commercial use unless a Commercial Warranty Addendum has been purchased and registered.
- Any unit moved from its original installation address without notifying Prestige Hyperbaric.
- Any unit serviced or repaired by a non-authorized technician.

How to File a Warranty Claim

1. Stop use of the unit and disconnect power if safe to do so.
2. Contact Prestige Hyperbaric 24/7 Support (see Customer Support page).
3. Provide your order number, delivery date, photos and a short video of the issue, and a copy of your installation receipt.
4. Our team will troubleshoot remotely first; many issues are resolved in a single call.
5. If parts are needed, Prestige will ship replacement components to your address. Save all packaging until your claim is closed.

Limitation of Liability

This warranty is the sole and exclusive remedy. To the maximum extent permitted by law, Prestige Hyperbaric shall not be liable for any incidental, indirect, special, consequential, or punitive damages, including but not limited to lost time, lost income, water damage to floors, structures, or surrounding property, mold, mildew, or personal injury arising from the use or inability to use the unit. Some jurisdictions do not allow the exclusion of incidental or consequential damages, so portions of the above may not apply to you. This warranty gives you specific legal rights; you may have other rights that vary by state.

Release of Liability & User Acknowledgment

Please read carefully before using your Prestige Hyperbaric Cold Plunge. By using this unit, you and each additional user voluntarily acknowledge and agree to the following:

Assumption of Risk

I understand that cold-water immersion involves inherent risks that cannot be eliminated regardless of the care taken to avoid them, including but not limited to: cold-water shock, hypothermia, drowning, fainting, slips and falls, cardiac arrhythmia, respiratory distress, exacerbation of underlying medical conditions, vertigo, nerve damage, frostnip, and skin reactions. I voluntarily assume full responsibility for any and all risks of injury, illness, property damage, or death that may result from my use of the Prestige Hyperbaric Cold Plunge.

Not Medical Advice

I understand that **nothing in this manual, this brochure, or any other Prestige Hyperbaric material constitutes medical advice, diagnosis, or treatment.** The benefits, parameters, protocols, and recommendations described are for general educational and product-use purposes only, are not a substitute for the advice of a licensed healthcare provider, and have not been evaluated or approved by the U.S. Food and Drug Administration. The Prestige Hyperbaric Cold Plunge is a consumer wellness product — it is not a medical device and is not intended to diagnose, treat, cure, mitigate, or prevent any disease or medical condition. I agree to consult a qualified physician before beginning cold-water immersion and before relying on any information in this manual to make health decisions.

Medical Acknowledgment

I represent that I am at least 18 years of age, that I am in good general health, and that I have consulted (or have voluntarily chosen not to consult) a licensed healthcare provider regarding cold-water immersion. I understand

the contraindications listed in this manual and acknowledge that I am responsible for ensuring any user I permit to access this unit has done the same.

Release & Indemnification

To the fullest extent permitted by law, I, on behalf of myself, my heirs, executors, administrators, and assigns, hereby release, waive, and discharge **Prestige Hyperbaric, its parent and affiliated companies, owners, officers, directors, employees, agents, distributors, dealers, and contractors** (the "Released Parties") from any and all claims, demands, actions, causes of action, costs, expenses (including attorneys' fees), damages, and liabilities of any kind — including those based on negligence — arising out of or related to my use of the Prestige Hyperbaric Cold Plunge, the installation or maintenance of the unit, or my presence at or around the unit. I further agree to indemnify, defend, and hold harmless the Released Parties from any third-party claim brought by any guest, family member, or invitee whom I permitted to use or access the unit.

Supervision of Minors & Guests

I acknowledge that minors under 18 may not use the cold plunge except with both (a) prior written approval from a licensed physician and (b) continuous, active adult supervision. I accept full responsibility for supervising any minor, guest, or other person who accesses the unit at my installation site, and for ensuring that the cover is locked when the unit is unattended.

Installation Acknowledgment

I confirm that the unit was unboxed, positioned, leveled, plumbed, and electrically connected in compliance with the installation instructions in this manual and with all applicable state and local codes. I acknowledge that Prestige Hyperbaric strongly recommends installation by a licensed electrician and a licensed plumber or qualified spa technician, and that any damage or injury caused by improper or unverified installation is excluded from warranty coverage.

Owner Sign-Off

By signing below, I acknowledge that I have read, understood, and agreed to the safety information, maintenance requirements, warranty terms, and Release of Liability set forth in this manual. I will keep this manual for future reference and ensure that anyone who uses my Prestige Hyperbaric Cold Plunge has been informed of these safety requirements.

Owner Name (printed)

Date

Owner Signature

Order # / Serial #

Installation Address

Phone

Licensed Electrician (printed)

License #

Licensed Plumber / Spa Tech (printed)

License #

Keep one signed copy with your records. Email a scanned copy to support@prestigehyperbaric.com to complete warranty registration.

24/7 Customer Support

Real humans. Any hour. Any day.

PHONE

1-800-PRESTIGE

EMAIL

support@prestigehyperbaric.com

ONLINE

prestigehyperbaric.com/support

Have your order number and a photo or short video of any issue ready when you call.