

INSTRUCTIONS · READ BEFORE FIRST USE

Ice Drop Chiller

Turns the bathtub you already own into a controlled cold plunge. No plumbing, no filter box — the cold goes straight into the water.



From box to running, step by step.

- 1

Unbox, stand, wait

Set the chiller on a stable, level surface beside the tub — never inside it, never boxed in; leave clear air around the vents. After transport, let it stand upright 24 hours before first power-on so the refrigerant settles.
- 2

Fill your tub

Any tub works: acrylic, steel, fibreglass or inflatable. Fill with cold tap water, deep enough to fully submerge the probe head.
- 3

Clamp and drop the probe in

Fix the clamps to the tub edge, seat the cooling pipe in them, and lower the probe until it's fully under water — never run it dry. The probe contains refrigerant: don't pull, twist, drop or stand on it.
- 4

Plug in and set

Plug into any standard socket (100-240 V). Set your target — 3-15°C. The display shows live water temperature.
- 5

First cool-down

From room temperature expect roughly 2.2°C per hour in an insulated 240 L tub — a few hours the first time, minutes to hold after that. Use a lid or cover to speed it up and hold temperature.
- 6

Power off, probe out, get in

Before you enter: switch the unit off and lift the probe out onto its dock on the chiller. Then plunge — 2-5 minutes at 10-15°C is the researched starting dose.

POWER 900 W · 0.4 HP	SOCKET Standard 10 A, 100-240 V	HOLDS Down to 3°C
UNIT SIZE 29 × 32 × 33 cm	COOLING RATE ~2.2°C/hr · 240 L insulated	WORKS WITH Any bathtub

Use it like an adult.

Before you start: this equipment creates real physiological stress — that's the point. Talk to your GP first if you have a cardiovascular condition, are pregnant, or take medication that affects heart rate, blood pressure or temperature regulation. Adults only. Full guidance: enhancedhuman.com.au/health-safety

- Always power off and remove the probe from the water before anyone enters the tub.
- Keep the chiller unit dry — only the probe goes in the water.
- Never run the probe in an empty tub.
- Don't use an extension lead outdoors or near splash zones.
- Never enter cold water after alcohol, and never plunge alone when you're new.
- Exit immediately on dizziness, chest tightness or numbness.

CARE



Between sessions: pull the probe, towel it dry, drain the tub or cover it.



Fresh water every 1-2 weeks with regular use in a bare tub; wipe the tub down at each change.



Wipe the unit with a damp cloth only — no solvents, no hosing.



If ambient can drop below 0°C, drain the internal pipes after use to prevent freeze damage.

12-month warranty. Replacement-first for confirmed defects, on top of your Australian Consumer Law rights. Claims: email info@enhancedhuman.com.au with your order number, photos and a description — we reply within 48 business hours and cover warranty freight within Australia.