

**COLD** WATER **IMMERSION**  **Improve Recovery Boost Your Mood** 

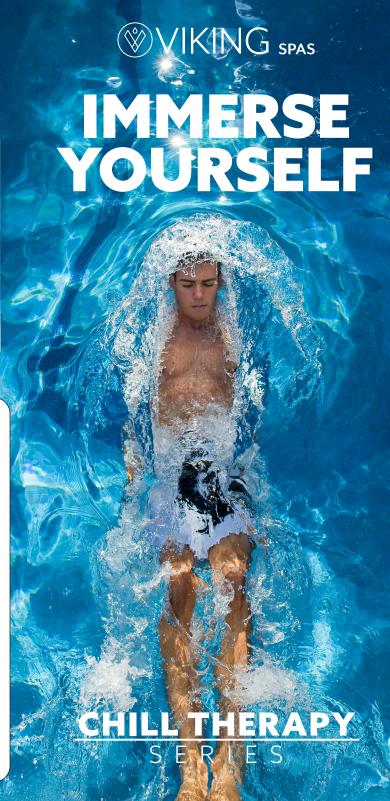
46°F/8°C 104°F/40°C

**Stress Relief Muscle Relaxation Improved Sleep** Pain Relief Improve Heart Health Calorie Burn **Connect with Family** 

**HOT** WATER **IMMERSION** 







**Decrease Inflammation Increase Immunity** Increase Circulation **Enhance Focus** Increase Metabolism

