

OWNERS MANUAL

 PLUNGEBOX

SAUNABOX™ PLUNGEBOX XL

OWNERS MANUAL

IMPORTANT SAFETY INSTRUCTIONS

SAUNABOX

- WARNING: CHILDREN SHOULD NOT USE THE COLD PLUNGE.
- WARNING: PEOPLE WITH INFECTIOUS DISEASES SHOULD NOT USE THE COLD PLUNGE.
- WARNING: TO AVOID INJURY, EXERCISE CARE WHEN ENTERING OR EXITING THE COLD PLUNGE.
- WARNING: DO NOT USE DRUGS OR ALCOHOL BEFORE OR DURING THE USE OF COLD PLUNGE TO AVOID UNCONSCIOUSNESS AND POSSIBLE DROWNING. THE USE OF ALCOHOL OR DRUGS CAN ALSO GREATLY INCREASE THE RISK OF FATAL HYPOTHERMIA.
- WARNING: PREGNANT OR POSSIBLY PREGNANT WOMEN SHOULD CONSULT A PHYSICIAN BEFORE USING THE COLD PLUNGE.
- WARNING: WATER TEMPERATURE IN EXCESS OF 38°C (100°F) MAY BE INJURIOUS TO YOUR HEALTH.
- WARNING: TO REDUCE THE RISK OF INJURY, DO NOT PERMIT CHILDREN TO USE THIS PRODUCT UNLESS THEY ARE CLOSELY SUPERVISED AT ALL TIMES.
- DANGER: RISK OF ACCIDENTAL DROWNING. EXTREME CAUTION MUST BE EXERCISED TO PREVENT UNAUTHORIZED ACCESS BY CHILDREN. TO AVOID ACCIDENTS, ENSURE THAT CHILDREN CANNOT USE THIS PRODUCT UNLESS THEY ARE SUPERVISED AT ALL TIMES.
- WARNING: THIS APPLIANCE IS NOT INTENDED FOR USE BY PERSONS (INCLUDING CHILDREN) WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES, OR LACK OF EXPERIENCE AND KNOWLEDGE, UNLESS THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTION CONCERNING USE OF THE APPLIANCE BY A PERSON RESPONSIBLE FOR THEIR SAFETY. WARNING: CHILDREN SHOULD BE SUPERVISED TO ENSURE THAT THEY DO NOT PLAY WITH THE APPLIANCE.

IMPORTANT SAFETY INSTRUCTIONS

- WARNING: BEFORE USING THE COLD PLUNGE, MEASURE THE WATER TEMPERATURE WITH AN ACCURATE THERMOMETER.
- WARNING: PROLONGED IMMERSION IN THE COLD PLUNGE MAY BE INJURIOUS TO YOUR HEALTH.
- WARNING: DO NOT PERMIT ELECTRIC APPLIANCES
- CAUTION: MAINTAIN WATER CHEMISTRY IN ACCORDANCE WITH MANUFACTURER'S INSTRUCTIONS.
- PROLONGED IMMERSION IN COLD WATER MAY INDUCE HYPOTHERMIA. WHILE IT IS IMPORTANT TO KEEP OUR BODIES PROPERLY WARM, IT IS EQUALLY IMPORTANT FOR US TO BE ABLE TO COOL DOWN. BUT IN CERTAIN ENVIRONMENTAL CONDITIONS OUR BODIES COOL DOWN TOO MUCH.
- OUR TEMPERATURES DROP TOO FAR WHEN THEY DIP INTO HYPOTHERMIC INTERNAL TEMPERATURES OF 95 DEGREES AND LOWER. THERE ARE FOUR MAIN WAYS THAT OUR BODIES GIVE OFF HEAT AND COOL THEMSELVES: CONDUCTION, CONVECTION, RADIATION AND EVAPORATION.
- EACH OF THESE PROCESSES HELPS US SUSTAIN HEALTHY INTERNAL TEMPERATURES. THEY ALSO GIVE US A BETTER UNDERSTANDING OF HOW HYPOTHERMIA HAPPENS. WHEN SOMEONE'S WARMING REACTIONS, LIKE SHIVERING, AREN'T ENOUGH TO OVERCOME THE COOLING PROCESS, HYPOTHERMIA CAN SET IN. LOOK FOR SEVERAL IMPORTANT SIGNS INDICATING THE DIFFERENT STAGES OF HYPOTHERMIA. MILD HYPOTHERMIA: SHIVERING, GOOSE BUMPS, DIFFICULTY WITH COMPLEX MOTOR SKILLS MODERATE HYPOTHERMIA: VIOLENT SHIVERING, SLUGGISH, SPEECH PROBLEMS, DIFFICULTY WITH FINE MOTOR SKILLS SEVERE HYPOTHERMIA: RIGID MUSCLES, DAZED, SHIVERING HAS STOPPED, BLUE SKIN, ERRATIC HEART BEAT, UNCONSCIOUS.

SETTING UP

GETTING STARTED

FOR TUTORIAL, PLEASE SCAN VIA MOBILE PHONE
(RECOMMENDED):



1

Start by unboxing the components



(CARRYING CASE)



(STRUCTURE POLES)



(DRAIN)



(TOP LID COVER)



(HAND PUMP)



(TUB)

2

Start by unfolding the plunge so the entire tub is open.



3



Insert the semicircle structure pole through the ends of the tub. Start from the middle and push it through the sleeve.

4



You can now insert the end of the structure poles into the mounting tees on each side.

5



The semicircle pole placement should now look like this, with the T-shaped connector in the middle.

6



Insert remaining structure poles. Make sure both sides are mounted properly and pushed all the way in

7



Insert the straight structure pole into the sleeve at the bottom and push it all the way through. Connect it to the T-shaped fitting placed on the circular pole.

8



Use hand pump to inflate outer ring of the plunge.
Inflate top lid.

YOUR PLUNGE IS NOW READY



TIRED OF BUYING ICE?

ADD A CHILLER TO YOUR ROUTINE



SCAN TO ORDER



- COOLS WATER DOWN AS LOW AS 38° F
- FAST COOLING SYSTEM
- UV CLEANING FILTRATION SYSTEM
- APP ENABLED (SCHEDULE YOUR PLUNGE)

MAINTAINING YOUR PLUNGE

CLEANING PROCESS

1. DRAIN THE TUB: BEGIN BY DRAINING ALL THE WATER FROM THE TUB.
2. CLEAN SURFACES: ONCE EMPTIED, CLEAN THE SURFACES OF THE TUB. USE A NON-ABRASIVE AND NON-TOXIC CLEANER THAT IS SAFE ON SKIN.
3. SCRUB GENTLY: USE A SOFT CLOTH OR SPONGE TO APPLY THE CLEANER. GENTLY SCRUB THE INTERIOR SURFACES, INCLUDING THE BOTTOM, SIDES, AND ANY SEATS OR STEPS. PAY SPECIAL ATTENTION TO AREAS WHERE BIOFILM (SLIMY LAYER) CAN FORM.
4. RINSE THOROUGHLY: AFTER SCRUBBING, RINSE THE TUB THOROUGHLY WITH CLEAN WATER TO ENSURE ALL CLEANER RESIDUES ARE REMOVED. THIS STEP IS CRUCIAL TO PREVENT SKIN IRRITATIONS OR CHEMICAL IMBALANCES IN THE WATER WHEN THE TUB IS REFILLED.
5. DRY AND REFILL: WIPE DOWN THE TUB WITH A CLEAN, DRY CLOTH TO REMOVE EXCESS WATER AND PREVENT WATER SPOTS. THEN, REFILL THE TUB ACCORDING TO THE MANUFACTURER'S INSTRUCTIONS, ADJUSTING THE WATER'S CHEMICAL BALANCE IF NECESSARY.

FREQUENCY REGULAR MAINTENANCE

1. PERFORM A BASIC CLEANING (E.G., SKIMMING DEBRIS, CHECKING WATER CLARITY) BEFORE EACH USE OR WEEKLY TO MAINTAIN WATER QUALITY.
2. DEEP CLEANING: A MORE THOROUGH CLEANING, AS DESCRIBED ABOVE, SHOULD BE DONE EVERY MONTH OR MORE FREQUENTLY DEPENDING ON USAGE. HIGH USAGE OR VISIBLE DIRT/GRIME BUILD-UP MIGHT NECESSITATE MORE FREQUENT CLEANING.
3. WATER QUALITY CHECKS: TEST THE WATER REGULARLY FOR PH AND SANITIZER LEVELS IF YOU USE CHEMICALS TO MAINTAIN WATER QUALITY. ADJUST AS NEEDED TO MAINTAIN THE RECOMMENDED BALANCE.
4. COVER YOUR TUB: WHEN NOT IN USE, KEEP YOUR TUB COVERED TO PREVENT DEBRIS FROM FALLING IN AND TO REDUCE THE NEED FOR CLEANING.

WARRANTY

INFORMATION

SAUNABOX

At SaunaBox, we are committed to ensuring the highest quality and customer satisfaction with our products. We stand behind the craftsmanship and reliability of our PLUNGEBOX XL, and offer a comprehensive 1-year warranty from the date of purchase. Please read the following warranty policy carefully to understand your rights and responsibilities.

Warranty Coverage: Our warranty covers any manufacturing defects and technical malfunctions for the following components of the PLUNGEBOX XL

Warranty Exclusions: The warranty will be void if the customer does not strictly follow the instructional manual provided with the PLUNGEBOX XL. It is crucial to thoroughly read and follow the instruction manual to ensure proper usage and maintenance. Failure to do so may prevent the customer from availing the 1-year warranty.

The warranty will also be void if any of the above-mentioned components are broken or damaged due to mishandling, improper usage, or failure to read and adhere to the full instruction manual.

Warranty Claims: To make a warranty claim, the customer must provide proof of purchase and notify SaunaBox within the warranty period. Please contact our customer support team through support@saunabox.com to initiate the warranty claim process.

WARRANTY

INFORMATION

SAUNA BOX

If a covered component is found to have a manufacturing defect or technical malfunction, we will either repair or replace the affected part, at our discretion, free of charge.

Limitations: Please note that our warranty does not cover damages resulting from normal wear and tear, misuse, accidental damage, alterations, unauthorized repairs, or any damages caused by factors beyond our control.

Our warranty is non-transferable and applies only to the original purchaser of the PLUNGEBOX XL.

Disclaimer: SaunaBox shall not be held liable for any indirect, incidental, or consequential damages arising from the use or inability to use the PLUNGEBOX XL, even if advised of the possibility of such damages.

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