

coldture

Bathtub Cold Plunge Adapter

User Manual



Welcome to the Coldtuture Wellness Club

Adapt any tub. Unlock the Coldtuture experience.

Transform nearly any standard bathtub into a Coldtuture-powered cold plunge using this precision-built adapter. Designed for quick setup and a secure fit, the Bathtub Cold Plunge Adapter connects directly to your Coldtuture chiller using $\frac{3}{4}$ -inch barbed fittings. Whether you're using it post-workout, mid-day for clarity, or to wind down after a long one, cold therapy works best when it's consistent. Now, it's more accessible than ever.

What You'll Get:

Muscle relief

Helps ease soreness and reduce inflammation by rapidly constricting blood vessels.

Faster recovery

Get back to training or just life quicker with every plunge.

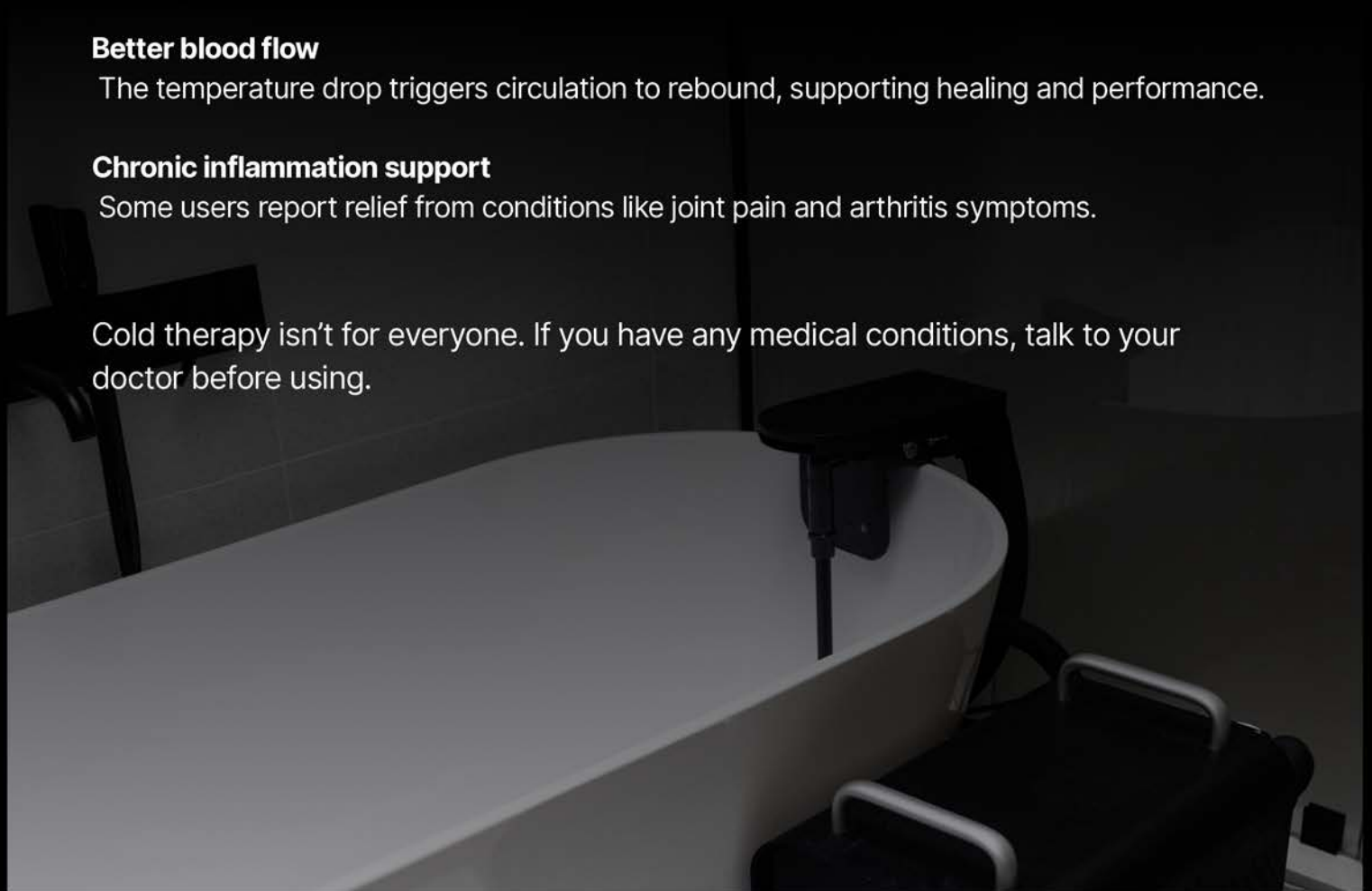
Better blood flow

The temperature drop triggers circulation to rebound, supporting healing and performance.

Chronic inflammation support

Some users report relief from conditions like joint pain and arthritis symptoms.

Cold therapy isn't for everyone. If you have any medical conditions, talk to your doctor before using.



Bathtub Cold Plunge Adapter

What's Included

- 1x Bathtub Adapter Unit
- 2x ¾ in hose clamps
- 1x EPDM cushion layer (pre-installed)
- 1x Quick setup guide

Materials

- Body: 11-gauge aluminum
- Fittings: Steel
- Cushioning: EPDM rubber (non-slip, protective)

Finish

- Black anodized

Connections

- Inlet: ¾ in barb
- Outlet: ¾ in barb

Dimensions

- Width: 12 in
- Height: 14 in
- Depth: 14 in

Safety & Use

- Only use with Coldtuture-approved chillers.
- Do not exceed recommended water pressure or flow rate.
- Not intended for permanent outdoor exposure.
- Always consult your doctor before starting cold therapy if you have pre-existing conditions.

Maintenance

- Rinse down after use to prevent buildup.
- Periodically check screw tightness and hose connections.
- Avoid over-tightening clamps or screws to maintain longevity of the EPDM layer.



Installation Instructions

1. Prepare the Bathtub

- Ensure the edge of your tub is clean and dry.
- Check that there is enough clearance on the tub wall to mount the adapter (minimum 13 in horizontal and 14 in vertical clearance).

2. Mount the Adapter

- Place the adapter so it straddles the tub wall.
- Adjust the width by loosening the side screws.
- Slide into position and ensure the EPDM cushioning is making full contact.
- Once positioned, tighten both side screws to lock in place.

Tip: Keep screws loose while adjusting width. Tighten only after final placement.

3. Connect the Tubing

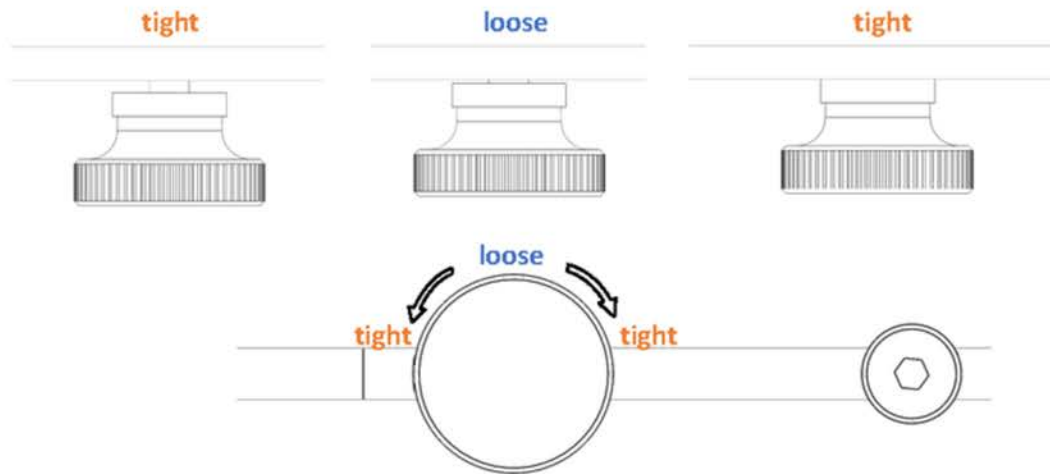
- Use $\frac{3}{4}$ in tubing to connect from the chiller's outlet to the adapter's inlet barb.
- Attach another $\frac{3}{4}$ in tube from the adapter's outlet to return water to the tub.
- Secure both with hose clamps.

4. Final Check

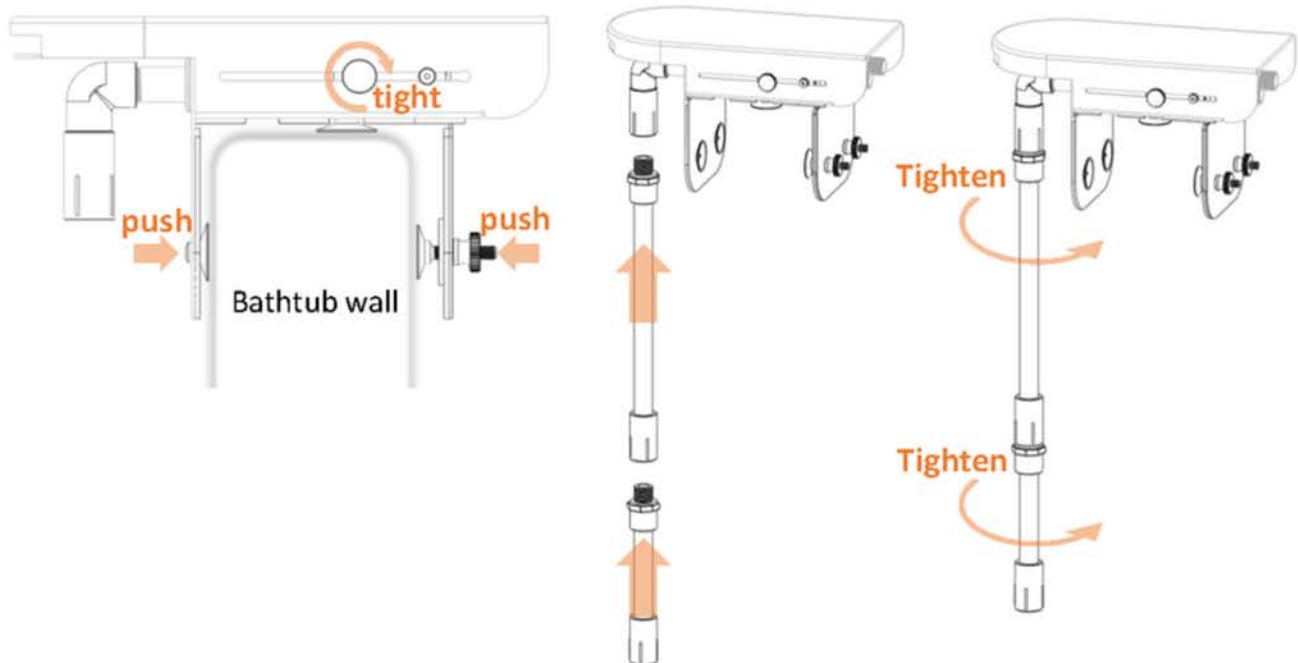
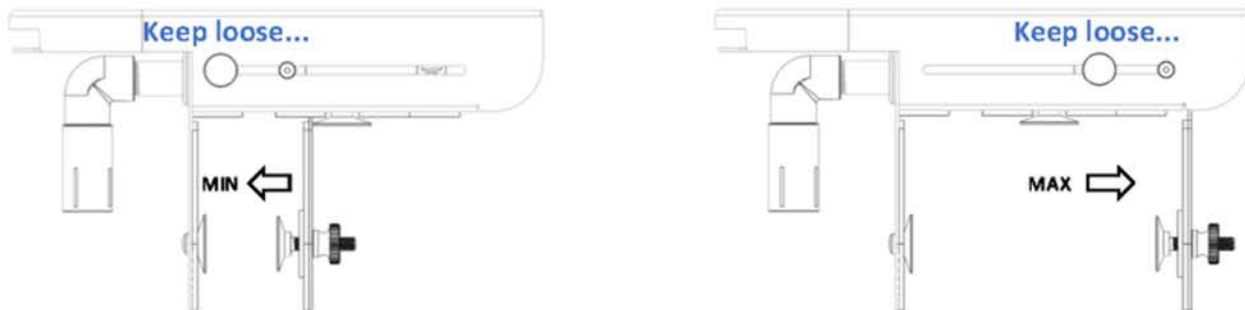
- Make sure all fittings are tight and no tubing is kinked.
- Turn on the chiller and check for stable flow and leaks.

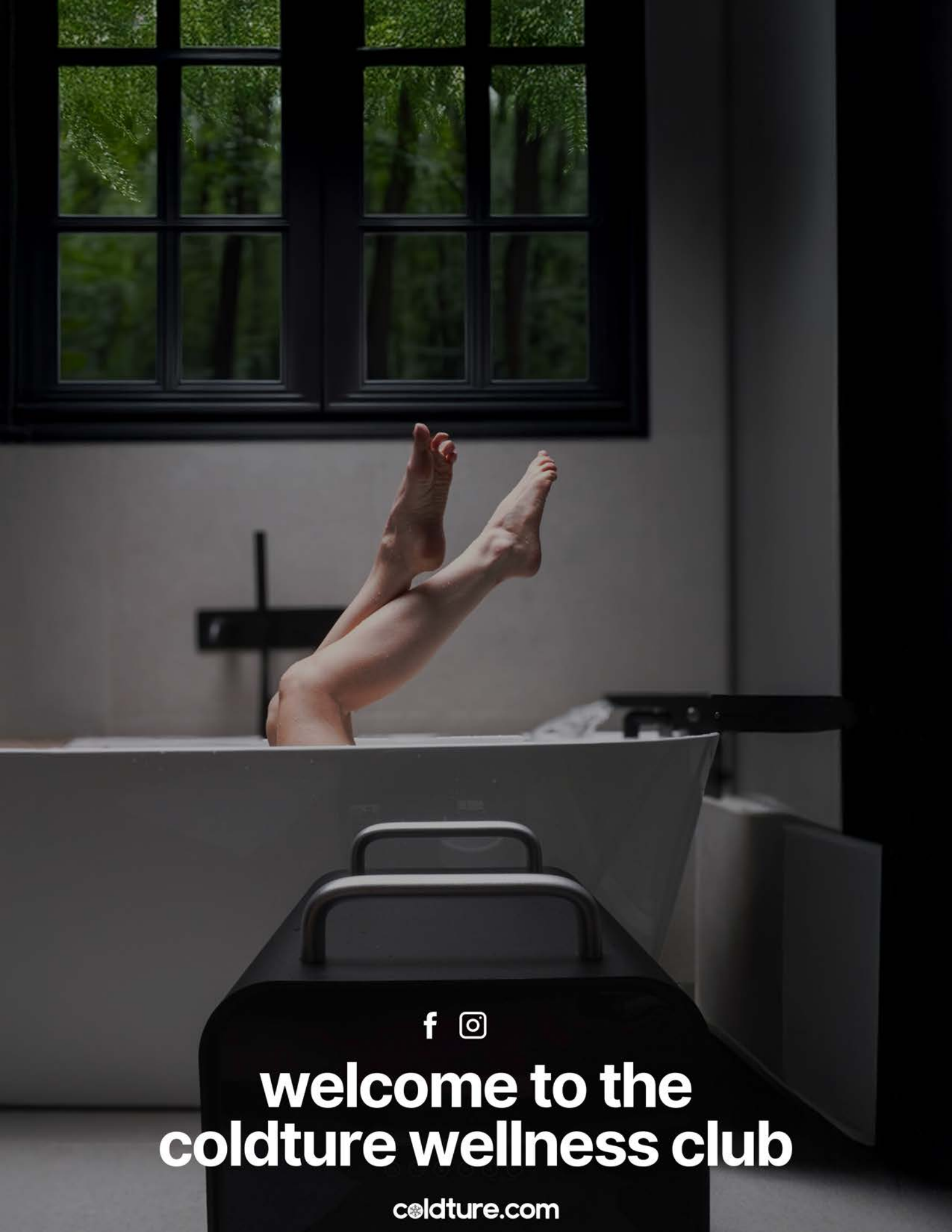


Quick Set Up Guide



Keep the screws on both sides loosened
when adjusting the width





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