

ICE BATH

INSTALLATION & USER MANUAL



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USER PRECAUTIONS



Glacé Plunge declines all liability for damages arising from failure to follow the directions outlined in this manual. As the owner, it is your responsibility to:

Ensure the safety of ice bath users by reading and following the safety recommendations in this manual.

Follow the instructions in this manual for proper use of the tub.

Preserve the tub materials by adhering to the maintenance recommendations in section 7 of this manual.

Prevent slip hazards by ensuring the cabling is properly managed.

Establish a safe electrical connection for the chiller.

Do not turn on the chiller's power until the tub is filled to the required level.

Keep live electrical components out of reach of ice bath users.

Disconnect the appliance from the power supply before performing any maintenance operations.

Prepare for water spills by ensuring good drainage and a non-slip surface around the bath.

Avoid running the pump without water, as it can cause immediate damage and void the warranty.

Fill the bath with water at least 20cm below the top, ideally just above the water outlet, to prevent flooding.

Use the insulated cover to maintain water temperature and reduce strain on the chiller unit.

Damage resulting from not following the manual or warnings is not covered by the warranty.

If you have any questions about the installation or operation of the ice bath and chiller, please contact us.



USER SAFETY RECOMMENDATIONS

Glacé Plunge declines all liability for damages arising from failure to follow the directions outlined in this manual. If you're unsure, please check with your doctor before using the your Glacé Plunge Ice Bath.

Each person's tolerance to cold water varies, so it is advisable to gradually increase the duration of ice bath use and be cautious when using it alone.

Avoid sudden immersion in significantly colder water than you are accustomed to, as it can be a shock to the body. Enter the water slowly until you have control over your breathing. The response to cold water shock reduces with experience and mental preparation.

Begin with short plunges of up to 60 seconds to understand your personal limits. If you start feeling uncomfortable, exit the bath, and slowly warm up through activities like walking or gentle squats.

Always exercise caution when using the ice bath. Individuals with reduced mobility or sensory abilities should only use the ice bath under supervision and if they have the necessary knowledge to use it safely.

Individuals under medical care, including those with heart conditions, diabetes, high or low blood pressure, should not use the ice bath without consulting their doctor first.

Individuals with infectious diseases should consult with their doctor before using the ice bath.

Supervise children around the ice bath to prevent them from playing with the equipment. Always use the cover when the ice bath is not in use.

Small children or pregnant women are not advised to use the ice bath.

Do not use the ice bath after consuming alcohol or recreational drugs.

Do not use other electrical appliances, such as radios or hairdryers, near the ice bath when it is not empty.

The ice bath is equipped with an automated cleaning cycle that runs continuously. During this time, the pump, filtration system, and ozone generator work simultaneously.

Follow Glacé Plunge's instructions for maintaining water cleanliness by following the correct cleaning and maintenance procedures outlined in section 7 of this manual.

For all operations and maintenance of the ice bath, refer to this manual. If you have any doubts, please contact Glacé Plunge directly via email at info@glaceplunge.com.au.



INSTALLATION INSTRUCTIONS

Before Use

1. Your ice bath comes pre-plumbed and ready for easy connection to the chiller and tub.
2. Place the tub and chiller on a suitable flat surface.
3. Place the chiller behind the tub with minimum 5cm between the back of the chiller and the wall for proper air flow. Let the chiller rest for 4 hours before turning on. Not doing so could result in a failed chiller.



IMPORTANT NOTE: When connecting the inlet pipe to the chiller, please take care and follow the below instructions to avoid stripping the thread.

1. With one hand, hold the white inlet pipe (chiller end) when inserting the connecting pipe.
2. Be sure not to twist the inlet pipe that is connected to the chiller as this may strip the thread inside the chiller.



INSTALLATION INSTRUCTIONS



Pipe Connection

1. Insert the two white PVC pipes to the inlet and outlet, following the instructions mentioned on the previous page.



2. Attach the clamps on each end of the flexible hoses, then connect each hose to the inlet and outlet, as shown below.



INSTALLATION INSTRUCTIONS



Inlet and Outlet Connection

1. Connect the inlet to the upper hole of the tub with the black flexible hose.



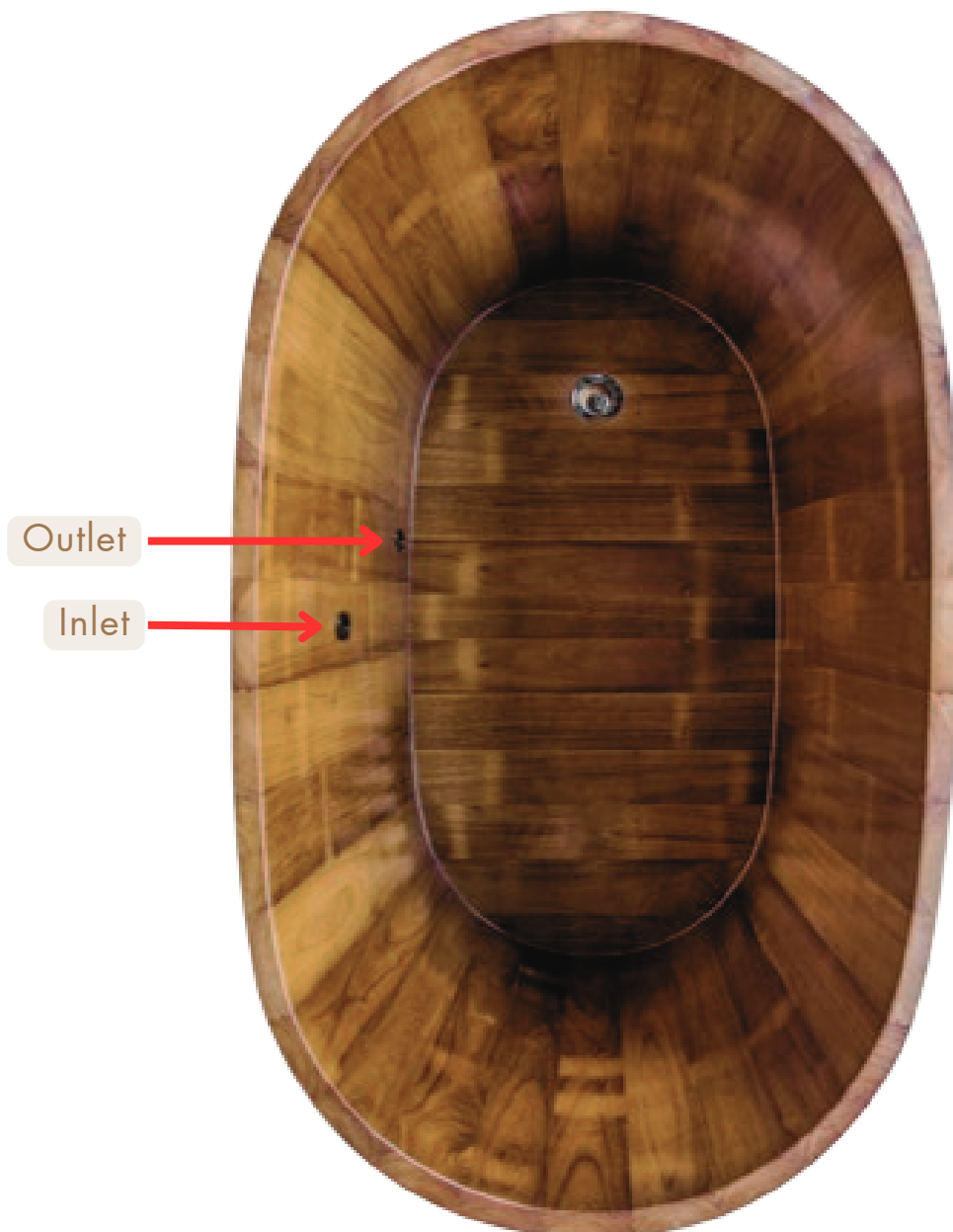
2. Connect the outlet to the lower hole of the tub with the black flexible hose.





SETUP GUIDE

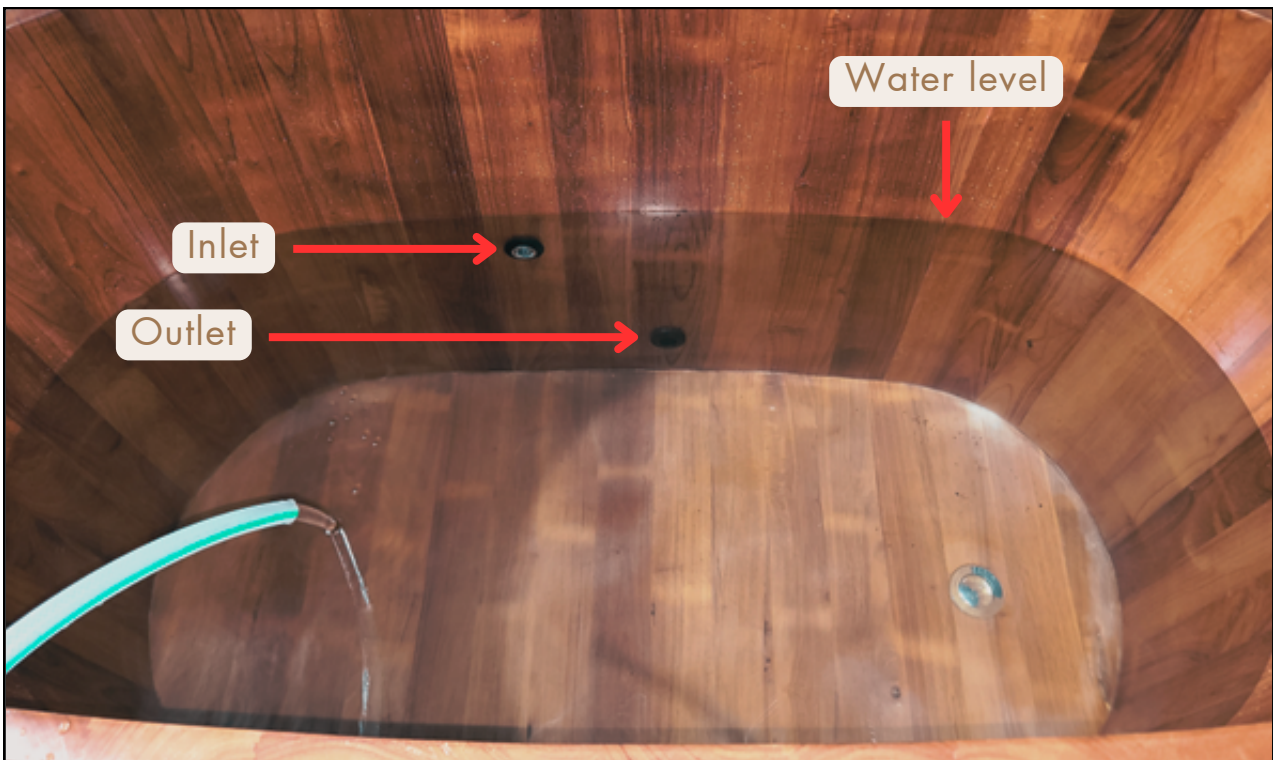
1. Keep the inlet/outlet unobstructed and clean, as shown below. Check this regularly especially if the waterflow is weak, as it may be obstructed with debris.





SETUP GUIDE

2. Start to fill the water into the tub and continue to fill until the water level covers the inlet and outlet, as shown below.





SETUP GUIDE

3

Use a hose to inject water into the water inlet. The water outlet will continue to bubble out, getting rid of any air in the chiller, as shown below.



4.

After 1-2 minutes of water injection, and no air bubbles are coming out of the water outlet, the hose can then be removed, as shown below.








SETUP GUIDE



5. Press the "Set" key to set the temperature, and then press the Up or Down key to adjust the appropriate temperature. Finally, press the "Run" key, as shown below.



Key

Icon	Name	Description
	Run Key	Press once to stop cooling/heating, and then press again to turn on cooling/heating
	Set Key	Press once to enter the target temperature setting, press and hold for 6 seconds to enter the menu
	Up Key	Used to adjust parameters upward
	Down Key	Used to adjust parameters downward
	Steriliser	Used to turn on/off the O3/UV output



SETUP GUIDE

6. The chiller has a 3-minute preheating time from start of running to cooling.

The chiller can cool the water temperature down to 1°C, but for optimal efficiency and durability, we recommend that you adjust the temperature to 2°C or above, to avoid excessive strain on the chiller over extended periods of time.

7.

The chiller can cool the water down by 4-5°C per hour, however, the speed in which the chiller temperature reduces may vary depending on the ambient temperature and the insulation of the environment where the chiller is installed.

8.





TECHNICAL PARAMETERS

Ice Bath Parameters






Outer Dimensions	L1370 x W720 x H830mm
Volume	510L
Capacity	1 Person
Material	Thermally-modified rubberwood
Drain/Inlet/Outlet	Included

Chiller Parameters

Model	9000BTU
Dimensions	L800 x W480 x H475mm
Power	50Hz
Rated Cool/Heat Capacity	2600W/2900W
Rated Cool/Heat Power	950W/1100W
Ozone	5W 50mg/hr
Noise	52 dB(A) - sound similar in intensity as a running hot tub
Pump Rated Power	80W
Pump Max. Flow	38L/min

INDICATOR LIGHTS



Icon	Name	Light On	Light Off	Light Flashing
	Refrigeration lamp	Cooling	Stop refrigeration	Compressor is delaying
	Constant temperature	Target temperature reached	Not at target temperature	Compressor is delaying
	Heating lamp	Heating in progress	Stop heating	Compressor is delaying
	Defrost lamp	Defrosting	Stop defrosting	Compressor is delaying
	Networking lamp	Connected to the Internet	Not connected to the Internet	In distribution network

ERROR CODES



Code	Fault Description	Cause of Failure	Restrict Work Objects
E1	Water temperature probe failure	The water temperature probe is damaged and the probe is not properly installed	Compressor, fan, four-way valve
E3	Water flow fault	Water shortage leads to no short circuit between the water flow detection port of the main board and the public	Water pump, compressor, fan, four-way valve
E4	Low voltage fault	The compressor pressure is too low, resulting in no short circuit between the low pressure detection port of the main board and the public	Compressor, fan, four-way valve
E5	High voltage fault	The compressor pressure is too high, resulting in no short circuit between the high pressure detection port of the main board and the public	Compressor, fan, four-way valve
E6	Current overload	When the compressor is working, the current value exceeds the set value of F13	Compressor, fan, four-way valve
EH	Ultra high temperature fault	The temperature measured by the water temperature probe exceeds the set value of F11	Compressor, fan, four-way valve
EL	Ultra low temperature fault	The temperature measured by the water temperature probe exceeds the set value of F12	Compressor, fan, four-way valve
EE	Communication failure	Poor contact of communication interface and communication line to connector, or burning of communication chip	The system works normally
CCC	The equipment needs maintenance	The equipment has reached the et service life, please contact the engineer	Stop all work



MAINTENANCE

Wooden Tub Maintenance

1. Clean the tub with a soft brush or sponge, and rinse it with clean water after removing the dirt. If needed, a soft detergent, i.e. dish soap can also be used to remove dirt. Do not use sharp objects or a hard brush to scrape the wooden tub, otherwise it will damage the waterproof of the tub.
2. Depending on the location of where the ice bath is stored, it is recommended to oil the tub every 1-2 years with a clear timber sealer.

Stainless Steel Bands Maintenance

1. Please use warm water and weak acid bleach. Do not use alkaline bleach to clean, otherwise it will destroy the protection layer.

Use a stainless steel cleaner and cloth. Alternatively, you can wipe the stainless steel bands with methylated spirits to remove water marks. Do not scrape the steel with sharp objects or a hard brush, as this will damage the surface.
- 2.

Filter Maintenance

1. Please replace the filter every 3-6 months or when the water flow remains slow after cleaning. If you need to order a replacement filter, please contact us.
2. See below for instructions on how to replace the filter.



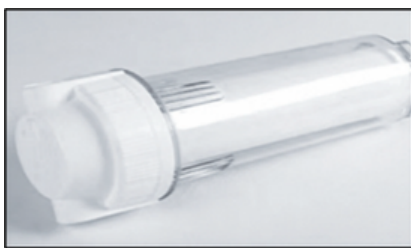
MAINTENANCE



1. Use a wrench to unscrew the filter bottle and remove the old element



2. Unpack the new filter element and butt it with the bottom of the bottle





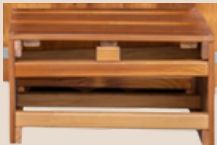



3. Cap the bottle and fasten with a wrench



4. Check for water leakage before the replacement is complete



ACCESSORIES

Image	Name	Quantity
	Chiller	1
	Ice Bath Tub	1
	Wooden Stool	1
	Wooden Insulation Cover	1
	Inlet/Outlet Pipe	2
	Stainless Steel Inlet/Outlet	2



ACCESSORIES

Image	Name	Quantity
	Black Flexible Pipe	2
	Hose Clamp	4
	Filter cartridge	1
	Plumbers Tape	2
	Extendable Pipe for Drainage	1
	Wheel (for the chiller)	4
	Installation and User Manual	1



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CONTACT

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