

ICE BATHING IN THE OUTDOOR POOL

Recommended Ritual

Important notice:

Please take extra care when walking to and from the pool, as the paths are not gritted and may be slippery – risk of slipping.

1. Preparation – Arrive and breathe

Take a few minutes to breathe calmly and prepare your body for the cold. Slow, deep breaths help stabilise circulation.

2. Enter slowly

Step into the pool in a controlled, unhurried manner – ideally wearing a hat.

Remain upright and continue to focus on calm breathing.

Do not submerge your head. Cross your arms over your chest while entering the water. This helps protect the chest area, reduces direct cold exposure to the heart, and supports a calm, stable body sensation.

3. Duration

For beginners, 20–60 seconds are sufficient. Experienced guests may stay up to 2–3 minutes, depending on personal comfort.

It is essential that you feel comfortable and safe at all times.

4. Conscious exit

Leave the pool slowly and carefully. Your body will be especially sensitive at this stage. Keep your arms crossed over your chest to retain warmth around the heart and make the transition more pleasant.

5. Warming up

Dry yourself thoroughly and warm up – ideally with warm clothing, a blanket, a hot shower, or a hot drink.