



Power 2 Health

SANDTON

Ice Bath

THERAPY

Increased Energy & Focus

Deliberate cold exposure causes a release of adrenaline making you feel alert, energised, and focused.

Metabolism

Cold exposure increases metabolism as the body has to burn calories to increase core body temperature.

Immune System Support

Cold water immersion stimulates leukocytes, the white blood cells that help fight off sickness.

Cold Water Immersion

Causes the lymphatic system to contract, forcing fluid through the lymph nodes. This process aids detoxing the body and strengthening your immune system.

Physical Recovery

Highly effective recovery tool after exercise as it reduces inflammation

Enhancing Mood

With the release of dopamine. Dopamine is a powerful molecule capable of elevating mood and motivation.

PRICES

Session time: 10 minutes

x1
session

R100

x5
sessions

R475

x10
sessions

R900