

RECOVERY TUB

A space created to ease muscle soreness & reduce inflammation.

Rules & Requests

- Available by appointment only.
- Only one person at a time in the tub.
- Bathing suits are required at all times while using the tub.
- Minors must have a signed consent form to use the tub.
- Please empty tub after use.
- Dry off as much as possible before exiting the tub.
- Caution: wet floor may be slippery.
- Please return towel to front desk.

Ice Bath Tips

- Temperature should be 50 to 59 degrees (achieved by running only cold water). To reduce the temperature further, use a bag of ice from the freezer.
- Increase the ice level as tolerance builds over time —NOT less than 40 degrees.
- Caution: More than 15 minutes might cause frostbite.
- Avoid taking a shower right after an ice bath; allow the body to warm up slowly. If after several minutes you cannot seem to get warm on your own, take a warm shower to raise your internal body temperature.

If you suffer an injury while using the recovery tub at this facility, you must report the injury to the owner or operator immediately.