



Cold Plunge Guide

Redwood Outdoors Alaskan All-in-One · Cold Plunge Tub
lynxresort-WPB · West Palm Beach, FL
www.lynxresort.com

The Alaskan All-in-One Cold Plunge is the crown jewel of your recovery circuit at lynx resort-WPB. Cold plunging reduces inflammation, boosts circulation, sharpens mental clarity, and delivers an incredible post-sauna or post-hot-tub contrast. The built-in chiller cools the water down to your target temperature and holds it there with UV sanitation running continuously. This guide covers everything you need to use it safely and leave it ready.

Tub Diameter	37" (94 cm)	Chiller	Built-in Heat Pump
Tub Depth	33" / Water 21"	Power	120V / 12A (standard outlet)
Total Width	57" with equipment	Min Temp	39°F (4°C)
Water Capacity	Approx. 130 gallons	Sanitation	Automatic UV System
Material	Cedar Wood Barrel	Filter	Replaceable Cartridge

SAFETY FIRST

Please read carefully before entering the cold plunge



Cold Shock — Enter Slowly

Never jump in. Enter slowly, keeping face, shoulders, and hands above water until breathing steadies. Sudden immersion shocks the body.



Start Short — Build Gradually

First-timers: start at 59°F (15°C) for just 1–2 minutes. Gradually increase cold exposure over multiple sessions. Always exit if uncomfortable.



No Alcohol or Drugs

Never use the cold plunge after consuming alcohol or drugs. This greatly increases the risk of hypothermia, unconsciousness, and drowning.



Health Conditions

Consult a physician before use if you have heart disease, high/low blood pressure, diabetes, circulatory issues, or are pregnant. Cold water affects circulation significantly.



Children — Adult Supervision Required

Children must be directly supervised at all times near the cold plunge. Never leave children unattended near or in the tub.



Hypothermia Risk

Hypothermia leads to loss of consciousness and can be fatal. Exit immediately if you feel unusually drowsy, confused, or unable to move. Don't push your limits alone.

Your safety is our priority. If anything feels wrong — exit the plunge immediately. Message host Megan via Airbnb if you need any assistance.

STEP-BY-STEP OPERATING GUIDE

Follow these steps for the perfect cold plunge session

STEP
1

Check the Tub & Power

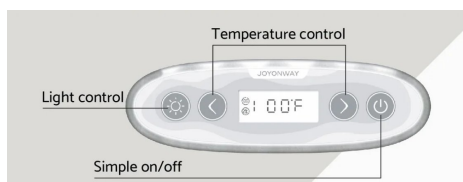


The cold plunge is always connected to power and maintaining your set temperature. Before getting in, do a quick check:

- The tub should be **powered on** — display panel shows current water temp
- Water level should be **4–6 inches from the top** of the barrel
- Water should be **clear** with no unusual odor
- Verify the equipment box ventilation grates are **not blocked** — at least 3ft of open space required on all sides

STEP
2

Set Your Target Temperature



The display panel is on the side of the equipment box. Here's how to use it:

ON/OFF button (hold 2 sec) — starts or stops the chiller

Temperature – / + buttons — decrease or increase the set temperature

Temperature display — shows current water temp

Light button — cycles the LED light colors

Recommended temps:

First-timer: **55–60°F (13–15°C)**

Experienced: **45–50°F (7–10°C)**

Advanced: **39–44°F (4–7°C)**

STEP
3

Wait for the Plunge to Cool

If the water isn't at your desired temperature, allow the chiller time to cool:

- Cooling from room temp typically takes **3+ hours** — plan ahead
- The chiller is most efficient when ambient air temp is cooler (West Palm Beach evenings are perfect!)
- Keep the **insulating cover on** while cooling — this dramatically speeds things up
- Leave the chiller running at a **mid-temp (e.g., 55°F)** between sessions so it's always close to ready
- The UV sanitation system runs automatically whenever the pump is active

STEP
4

Enter the Cold Plunge Safely



This is the moment! Follow these steps for a safe and effective plunge:

1. **Enter slowly** using the built-in stairs — one step at a time
2. Keep **hands, face, and shoulders above water** initially
3. **Take slow, controlled breaths** — the cold shock response triggers rapid breathing; resist it and breathe through it
4. Once breathing steadies, you can lower yourself further
5. Aim for **1–3 minutes** to start. Experienced plungers may stay 5–10 minutes
6. **Exit immediately** if you feel unwell, shaky, or confused

STEP5

Exit & Warm Up

After your plunge, recovery is everything:

- Exit carefully using the stairs — surfaces are slippery
- **Do not towel off immediately** — let your body rewarm naturally for 1–2 minutes for maximum benefit
- Move around gently to encourage circulation
- For the **ultimate contrast therapy**: follow with the sauna or hot tub — the thermal contrast is extraordinary
- Hydrate well. The cold causes vasoconstriction and your body works hard
- Dry off, warm up inside, and enjoy the endorphin rush!

STEP6

Power Off When Done

When you're finished, please **power off the cold plunge** to save electricity:

1. Press and hold the **ON/OFF button** on the display for 2 seconds until it shuts off
2. Place the **insulating cover back on the tub** securely
3. Rinse off with the outdoor shower before heading inside
4. Towels go in the laundry area inside the house

Note: Do not unplug the power cord — just use the ON/OFF button. The unit needs to stay plugged in for freeze protection when temperatures drop.

COLD PLUNGE TIPS — Get the Most Out of Your Plunge

✳ The Wellness Circuit Sauna 15 min → Cold Plunge 2 min → Hot Tub 10 min. Repeat 2–3x for incredible contrast therapy benefits.	■ Breathing is Key Box breathing (4 sec in, hold 4, out 4) helps override cold shock. Focus on breath to stay longer.
■ Pre-cool the Night Before Set your temp the evening before your session. The chiller holds it, so it's always ready.	■ Build Up Slowly Week 1: 1 min at 55°F. Week 2: 2 min at 50°F. Build tolerance gradually for best results.
■ Best Time to Plunge Morning plunges boost alertness and energy for hours. Evening plunges accelerate recovery and sleep quality.	■ Track Your Progress Note your temp, duration, and how you felt. Seeing improvement over time is incredibly motivating.

QUICK REFERENCE — AT A GLANCE

Everything you need in 60 seconds

STEP

1

CHECK TUB

Power on · Water level 4–6" from top · Water clear · Vents unblocked (3ft)

STEP

2

SET TEMP

Use +/- buttons on display · First-timer: 55–60°F · Experienced: 39–50°F

STEP

3

WAIT TO COOL

3+ hrs from room temp · Keep cover on · Chiller runs automatically · UV active

STEP

4

ENTER SLOWLY

Use steps · Enter slow · Breathe through cold shock · 1–3 min to start

STEP

5

EXIT & WARM UP

Exit carefully · Rewarm naturally · Follow with sauna or hot tub

STEP

6

POWER OFF

Hold ON/OFF button 2 sec to power off · Replace cover · Do NOT unplug cord

QUICK TROUBLESHOOTING

ISSUE	LIKELY CAUSE	WHAT TO DO
Water not cooling	Dirty filter / airlock	Clean filter. Re-prime by loosening & retightening airlock valve. Check water level.
Display shows LOCH	Screen auto-locked (normal)	Hold LEFT + RIGHT buttons for ~3 seconds to unlock. Not an error.
ER03 — water flow	Airlock in pump	Loosen airlock valve at top of filter canister, wait a few seconds, retighten. Restart.
ER04/ER44 — winter	Too cold (below 23°F)	Turn off and drain immediately. Frost damage is not covered by warranty.
ER12 — exhaust high	Blocked vents	Ensure at least 3ft of clear space around the equipment grates.
Water leaking at bottom	Normal condensation	Check if water level stays same in tub — if yes, it's condensation. Normal.
Cloudy or smelly water	Filter / water change	Clean or replace filter. Change the water (every 3 months).

NEED HELP?Message your host **Megan** anytime via the Airbnb app.Listing: airbnb.com/h/lynx-wpb · Website: www.lynxresort.com

Embrace the cold. It's worth every second. Enjoy! ❄️