## The Cold Pod Ice Bath Tub User Manual



## **Immunity**

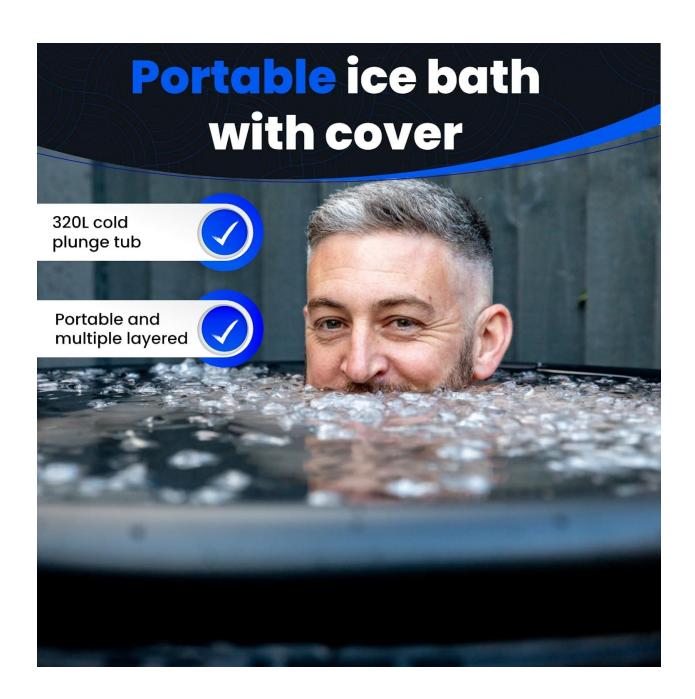


- Stimulates immune system
- Keeps you healthy
- Helps to fight off unwanted illness

## Recovery



- Helps reduce inflammation
- Reduces symptoms of DOMS
- Increases performance





## Thermal cover

