



ELEVATE YOUR RECOVERY

EXPERIENCE ARCTIC

WHEREVER YOU ARE



EXPERIENCE ARCTIC:

A FULLY PORTABLE MUSCLE RECOVERY POD

We are a cutting-edge company dedicated to bringing you the extraordinary benefits of fully portable ice baths, right in the comfort of your own space.

At TrulyHealth, we believe that everyone deserves access to the transformative power of cold immersion therapy. Whether you're an elite athlete looking to enhance your performance, a fitness enthusiast striving for faster recovery, or simply seeking the invigorating benefits of cold therapy, our portable ice baths have you covered.


Our commitment to innovation and quality is at the core of everything we do. Each TrulyHealth ice bath is designed to deliver the authentic experience of plunging into icy waters while providing convenience, portability, and ease of use.

We understand that your well-being is of utmost importance, and our products reflect that dedication.

Join us on a journey to unlock the potential within you, where the icy embrace of our portable baths meets your desire for peak performance, recovery, and overall vitality.

Welcome to TrulyHealth, where we bring the Arctic chill to your doorstep, empowering you to take control of your well-being like never before.

Dive in and discover a new world of possibilities with TrulyHealth.





Boosts Immune System



Reduce In°amma tion



Improves Metabolic Function



Improves Mood



Aids Muscle Recovery



Boosts Energy Levels



Improves Circulation



Promotes Deep Sleep

DESIGNED PERFECTLY

Three layers of thermal insulated TPE protection that keeps the water at a steady temperature and UV-resistant skin-friendly PVC inner lining.

PORTABLE

Compact and light weight. Set your ice bath up anywhere you want

COMFORTABLE

Our ice bath is big enough to comfortably seat a person up to 2m tall

PRACTICAL

Keep your ice bath ready for use and clean at all times with a ytted cover



INFLATABLE

Rest your head on the comfortable support ring when seated in the ice bath



REMOVABLE LEGS

DRAIN TAP



THE EXTRAS



THERMOMETER

The perfect chill every time. This essential tool lets you monitor water temperature the old-fashioned way, ensuring your ice bath is just right for a refreshing recovery.



ICE BATH MAT

Elevate your post-ice bath routine with our Ice Bath Mat. After the refreshing chill of your ice bath, step onto this soft, quick-drying mat.



SAFELY

ENJOY THE BENEFITS



Set Up the Portable Ice Bath:

Find a suitable location for your portable ice bath, preferably in a well-ventilated area. Ensure that the ice bath is clean and free of debris. Fill the ice bath with water to the desired level, typically deep enough to immerse your body comfortably.



Prepare the water:

Add ice to the water to achieve the desired temperature. You can use ice cubes, ice packs, or even frozen gel packs. The ideal temperature is typically between 10 to 15°C. Before fully immersing yourself, test the water to make sure it's at a comfortable temperature.



Gradual Immersion

Enter the ice bath gradually, starting with your feet or lower body. This helps your body acclimate to the cold temperature. Once you're comfortable, fully immerse yourself in the cold water.



You can stay in the ice bath for a recommended time, typically around 10 to 15 minutes. However, the duration can vary based on your tolerance and goals. Some people start with shorter sessions and gradually increase the time.



Stay Active & Monitor your body

While in the ice bath, you can gently move your limbs or perform light exercises to keep your blood flowing. This can enhance the therapeutic effects. Pay attention to your body's response. You may experience sensations like shivering, which is normal, as it's your body's way of generating heat. However, if you feel extremely uncomfortable or experience any adverse reactions, exit the ice bath immediately.



Exit & Warm Up

When you're ready to exit, do so slowly and carefully to avoid slips or falls. After leaving the ice bath, warm up gradually by wrapping yourself in a warm towel or blanket.



Hydrate and Rest

Drink water to stay hydrated after the cold immersion. It's a good idea to rest and allow your body to recover, especially if you've had an intense session.



Repeat as Desired

Cold immersion therapy can be done regularly, but the frequency and duration should align with your goals and comfort level. Some people do it daily, while others incorporate it into their routine a few times a week.





TRULYHEALTH
ICE BATH



SPORTS
EQUIPMENT
SUPPLEMENTS
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