POLAR DRY PLUNGE

By

PolarWave™ Dry Plunge

FAQS

WHAT KIND OF CLEANING OR MAINTENANCE IS REQUIRED?

Because users never get wet, the water doesn't need to be replaced or sanitized. Cleaning is minimal, with a simple surface wipe-down before and after sessions.

HOW IS POLAR DRY PLUNGE DIFFERENT FROM A REGULAR COLD PLUNGE?

Unlike a traditional cold plunge, Polar Dry Plunge delivers a sensation similar to cold immersion without users ever getting wet. There's no plumbing or no sanitation concerns. Sessions are fast, clean and easy to fit into busy schedules.

DO USERS NEED TO UNDRESS TO USE THE POLAR DRY PLUNGE?

No. PolarWave is a dry system, so users remain fully clothed — no need to change, bring a towel or shower afterward.

DOES THE UNIT REQUIRE ANY STAFF SUPERVISION?

No. Polar Dry Plunge is fully self-guided. Users start and finish sessions on their own, which reduces staffing needs.

WHAT IS THE RECOMMENDED SESSION LENGTH?

3 minutes for beginners. Users can then work their way up to 7 minutes. Not to exceed 7 minutes in one day.

WHAT IS THE TEMPERATURE OF THE POLAR DRY PLUNGE?

Approximately 32-36° F (0 to 2° C); traditional cold plunge is normally in the 50 (10° C)degree range. Polar Dry Plunge is colder, designed to simulate a cold plunge without being fully immersed in water.

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