

Join the cold with

 **icetubs**®

icetubs



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Born in the Netherlands, Trusted worldwide

IceTubs began with a mission to bring cold therapy to a higher standard, using precision engineering, premium materials, and a deep focus on wellness. What started with a single product has grown into a full collection of high-performance recovery tools, trusted by over 1500 users around the world.

Two international design awards

IceTubs is the only wellness brand to win two international design awards for its recovery products. Recognised for both innovation and aesthetics, we prove that functionality and great design can go hand in hand.



red dot winner 2024



TÜV-certified technology



We are the first in the world to receive TÜV Rheinland certification for our cooling engines. This globally recognised mark guarantees that every IceTubs Engine™ meets the highest standards for safety, efficiency, and long-term performance.



The proven benefits of ice bathing

Modern life comes with its challenges, stress, fatigue, poor sleep, and physical burnout. Ice bathing offers a science-backed solution to help you reset, recover, and build a stronger mind and body.



Strengthens immunity

Cold therapy stimulates the production of white blood cells, boosting your immune response and helping your body fight off illnesses like colds and flu.

Regular practice has been shown to reduce sick days by up to 29%

(PLOS One, 2016)



Better quality sleep

Lowering your core body temperature with an ice bath promotes deep, restorative sleep. Cold therapy has been shown to reduce the time it takes to fall asleep by up to 15% and improve overall sleep quality and duration.

(Sleep Medicine Reviews, 2018)



Reduce stress & anxiety

Cold immersion triggers the release of norepinephrine, which can increase by up to 200-300%, helping to reduce stress and improve your ability to adapt to it. Over time, this strengthens mental resilience, making you better equipped to handle daily challenges.

(Frontiers in Psychology, 2018)



Improve mental health

Cold exposure triggers a 250% increase in dopamine, improving mood, focus, and mental clarity naturally. This "feel-good hormone" boost helps reduce stress and symptoms of depression.

(Soeberg Institute, 2021)



Faster muscle recovery


Cold water immersion reduces inflammation and muscle soreness by constricting blood vessels, speeding up recovery after workouts. Research shows it can reduce muscle soreness by up to 20% and improve recovery time significantly.


(Sports Medicine, 2021)





Built with the best materials

Every IceBath is made with carefully selected, high-quality materials chosen for performance, durability, and design. From the handcrafted stainless steel insert to the thermally modified wood exterior, each element is designed to withstand daily use while maintaining a clean, modern look.

 2x award winning

 Trusted by 1,500+ customers

 Worldwide shipping

 Dutch engineering

Thermowood

✓ Weather resistant

This wood can withstand extreme outdoor condition (rain, humidity, temperature changes) without losing strength.

✓ Improved durability

Heating the wood to 400°C removes moisture and resin, making it more resistant to warping and decay.

✓ Low maintenance

The wood's natural resistance to mold, insects, and decay means less upkeep and a longer lifespan.

Stainless steel 304

✓ Thermally efficient

Stainless steel 304 holds cold better than plastic or aluminum, helping maintain low temperatures with less energy use.

✓ Naturally hygienic

The smooth, non-porous surface resists bacteria, mold, and odors, keeping your water clean and your tub safe with minimal effort.

✓ Built to last

Strong, corrosion-resistant, and handcrafted for daily use, the stainless steel insert won't crack, warp, or degrade over time.

Caring for your IceBarrel

To keep your IceBath looking its best, oil the Thermowood once a year. As a natural material, it may slightly change colour over time, especially with sunlight but that's part of its charm. Stainless steel is durable, but avoid harsh chemicals like chlorine or Epsom salt to prevent damage.

The Icetubs Engine™

At the core of every Icetub is our advanced cooling engine, built for precise temperature control and 24/7 readiness. It cools down to 3°C or warms up to 38°C, sanitises with ozone, and removes the need for ice. This is what sets Icetubs apart from basic tubs.



No more ice

Forget buying, hauling, or breaking ice. The engine cools water to 3°C and keeps it there effortlessly, so your Icetub is always ready to use.



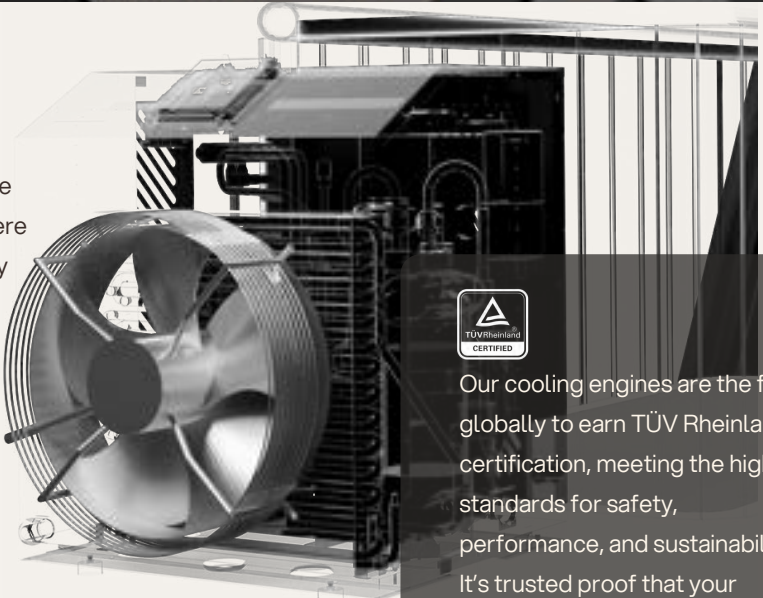
Whisper performance

The engine stays quiet while running and reaches 60 dB only momentarily when actively cooling to maintain the set temperature.



Powerful capacity

With a cooling capacity of 3.17 kW, the engine delivers exceptional performance while using only 1.07 kW per hour, balancing power and efficiency



Our cooling engines are the first globally to earn TÜV Rheinland certification, meeting the highest standards for safety, performance, and sustainability. It's trusted proof that your Icetubs Engine™ is efficient, reliable, and built to last.



24/7 Ready to use

Designed to run continuously, the engine consumes an average of 1.5 kW per day, combining energy efficiency with always-on readiness for your sessions.



Optimal water flow

Circulating water at 55 litres per minute, the engine ensures rapid cooling, even distribution, and clean, consistent water temperatures.



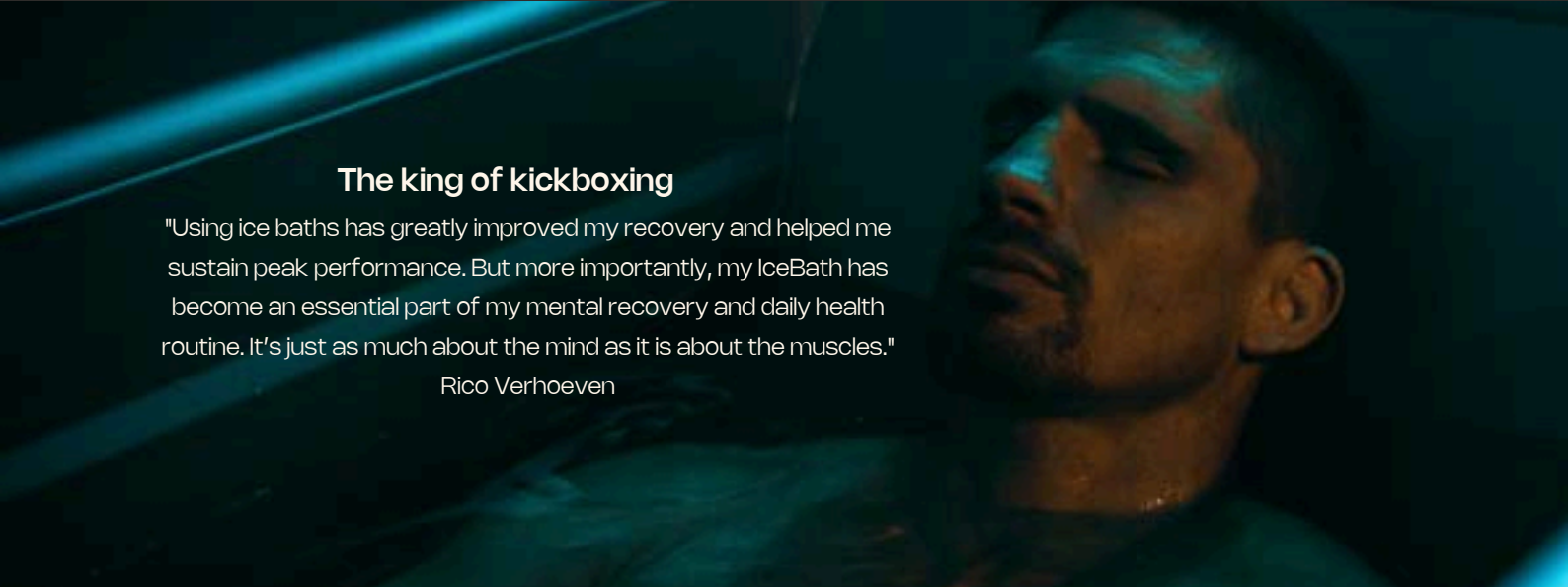
Year-round reliability

Built for all conditions, the engine operates seamlessly in air temperatures ranging from -5°C to 43°C, performing reliably all year.

Icetubs App

With the Icetubs Engine™, you're always in control. Set your perfect temperature from 3°C to 38°C, using the Icetubs app on your smartphone or directly on the engine's display panel.





The king of kickboxing

"Using ice baths has greatly improved my recovery and helped me sustain peak performance. But more importantly, my IceBath has become an essential part of my mental recovery and daily health routine. It's just as much about the mind as it is about the muscles."

Rico Verhoeven

Safe, clean water every Time



IceTubs Filters™

Our filters are ISO certified, capturing dead skin, oils, debris, and even particles smaller than a white blood cell. They also protect the engine from blockages, ensuring smooth and efficient performance. Plus, they're easy to replace in under a minute for quick maintenance.

In an ice bath, water hygiene is often overlooked, but it's one of the most critical aspects of safe and effective cold therapy. Without proper cleaning, water can collect harmful bacteria and microorganisms, especially if it's left stagnant. Every time you step into an ice bath, your body sheds sweat, oils, dead skin cells, and hair, invisible to the eye but enough to compromise water quality. If these contaminants aren't removed, the water can become unsafe and unpleasant to use.

Ozone sanitation

Ozone (O₃) is a natural sanitizer that kills bacteria and viruses without chemicals like chlorine. Tiny ozone bubbles clean the water thoroughly and then safely turn back into oxygen. Ozone is 50x more effective than chlorine and leaves no harmful residue or odors.

At IceTubs, clean water is our top priority. That's why we've engineered a powerful, automatic cleaning system that combines high-grade filters and ozone sanitation to ensure your water stays fresh, clear, and safe for weeks.



Clean & circulating water

The water in your bath or barrel is continuously filtered, sanitized, and circulated to prevent stagnation and ensure it's always clean and fresh.



Easy maintenance

Simply replace the filter once a month, add AquaFinesse, and let the engine handle the rest. No daily cleaning, just crystal-clear water, ready when you are.



Safe use for weeks

With our ISO filters and AquaFinesse water care, your water stays fresh for up to 1.5 months, depending on use and environment.

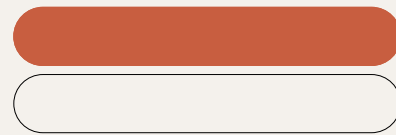















The IceBarrel

The IceBarrel offers full-body immersion in a compact, upright design with a built-in seat for added comfort. Its enclosed shape creates a focused, private experience. Choose between the standard size or the XL with a fiberglass insert, ideal for taller users. Add stairs for easier access and extra support.



IceBarrel	Standard	XL
Length	1242 mm	1573 mm
Length (with stairs)	1559 mm	1789 mm
Height	1172 mm	1178 mm
Height (with stairs)	1327 mm	1327 mm
Diameter	Ø 777 mm	Ø 1020 mm
Diameter (interior)	Ø 680 mm	Ø 892 mm
Volume (water)	350 L	430 L
Weight (empty)	148 kg	169 kg
Weight (incl. water)	498 kg	599 kg
Weight (stairs)	24 kg	24 kg



-  **Materials**
Thermowood & 304 Stainless steel
-  **Cooling**
As low as 3°C
-  **Heater upgrade**
Up to 38°C
-  **Controls**
App & display
-  **Usage**
Indoor & outdoor
-  **Easy set up**
No plumbing required
-  **Flow rate**
Water cleaned every 6 minutes
-  **IOS Filters**
Replaceable filters (5 micron)
-  **Ozone**
Chemical-free cleaner
-  **Energy**
Avg. 1.5 kW per day
-  **Filter change**
Every month
-  **Water change**
App. after 1.5 months
-  **Electrical connection**
Grounded three-prong outlet 220V (2 meter cable)

Fiberglass insert

The IceBarrel XL features a fiberglass insert. For seaside locations, we recommend fiberglass, as high salt levels in the air can cause rust over time, even on high-quality stainless steel.





Pricing

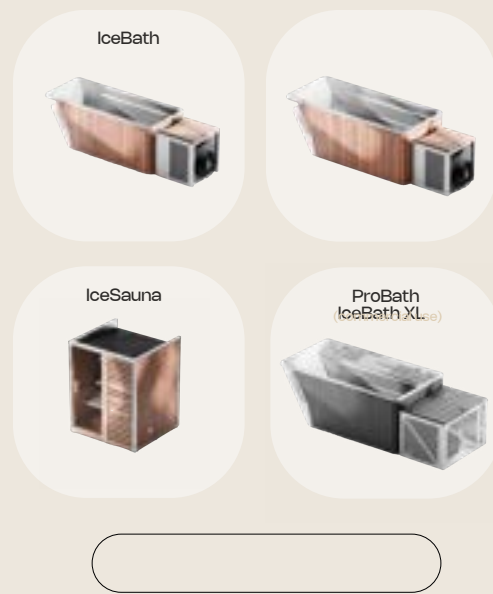
Models	Price (€) ①
IceBarrel	€6,675
IceBarrel + stairs	€7,875
IceBarrel XL	€7,425
IceBarrel XL + stairs	€8,625
Add-on/Accessories	
Heater upgrade	€495
Icetubs Filterset (3pcs/12pcs)	€175 / €295
AquaFinesse	€75
Phone holder	€105
Drip Tray (small)	€399
Drip Tray (large)	€599

① Price includes 21% VAT

What's included in the price?

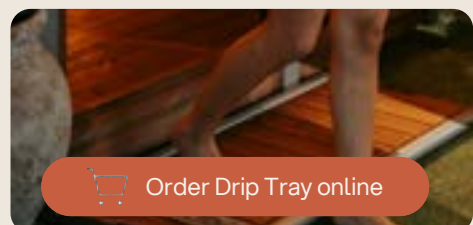
- ✓ Two-year warranty (residential use)
- ✓ Icetubs Engine™ + engine cover
- ✓ Insulated Thermo cover
- ✓ Icetubs Filterset (3 pcs)
- ✓ Dedicated customer support

Our other recovery tools



Keep your setup clean and dry

Designed to fit the IceBarrel, the Drip Tray adds both function and finish to your wellness space. Step on after your session to catch water and avoid puddles, or use it before to keep dirt out.



Order Drip Tray online



Technical drawing: IceBarrel

Dimensions in millimeters

