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ICE BATHS | By Wim Hof
Boost your health

Passion Ice Baths

Immune System Support: Elevate Your Body's Defenses

Indulging in regular sessions of cold therapy through Passion Ice Baths can be a strategic boost for your immune system. Exposure to cold temperatures stimulates the production of white blood cells, enhancing your body's ability to combat infections. As your body adapts to the cold, your immune system becomes more robust, helping you face daily challenges with heightened resilience. By incorporating Passion Ice Baths into your routine, you're not just embracing cold therapy – you're embracing a wellness ally that empowers your immune system to flourish.

01

Boost your metabolism: Ignite your body's furnace of energy

Step into the transformative realm of Passion Ice Baths and awaken a dormant powerhouse within – your metabolism. And lose weight. Cold exposure triggers a metabolic response as your body works to generate heat, activating energy expenditure. Regular sessions in our ice baths can potentially lead to an increased metabolic rate, aiding in weight management and overall vitality. With Passion Ice Baths, You're not just immersing in cold water – you're immersing in a catalyst for a revved-up metabolism and a healthier you.

02

Increase Blood Flow: A revitalizing rush of circulation

As your body reacts to the cold, blood vessels constrict and then dilate upon rewarming, creating a powerful surge of circulation. This natural response delivers oxygen and nutrients to your cells, promoting cellular health and aiding in tissue repair. With each session, you're fostering a renewed sense of vitality as your body dances with the rhythm of enhanced blood flow, setting the stage for optimal wellness.

03

Enhance Sleep Quality: Drift into a Restful Slumber

Cold therapy sessions can promote relaxation and stress reduction, leading to improved sleep quality. As your body experiences the soothing effects of cold immersion, the subsequent rise in body temperature upon exiting the bath can mimic the natural drop in temperature that occurs before sleep, encouraging a more peaceful slumber. Embrace the restorative power of Passion Ice Baths and awaken each day rejuvenated and ready to conquer new heights.

04

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Benefits

Reduce Chronic Pain: Embrace Relief from Within

Exposure to cold temperatures stimulates the production of white blood cells, enhancing your body's ability to combat infections. As your body adapts to the cold, your immune system becomes more robust, helping you face daily challenges with heightened resilience. By incorporating Passion Ice Baths into your routine, you're not just embracing cold therapy – you're embracing a wellness ally that empowers your immune system to flourish.

05

Stress relief: Melt away tensions, embrace tranquility

Cold exposure triggers the release of endorphins, your body's natural "feel-good" chemicals, promoting relaxation and easing stress. As the icy waters envelop you, tensions melt away, and a sense of calm takes over. With each session, you're not just indulging in cold therapy – you're indulging in a sanctuary of serenity, where stress dissolves and tranquility reigns supreme.

06

Boost energy: Ignite your vitality, embrace renewed vigor

Elevate your energy levels with the rejuvenating embrace of Passion Ice Baths. Cold therapy stimulates the production of norepinephrine, a hormone that enhances alertness and increases energy. As you immerse yourself in the invigorating cold, you're kickstarting your body's internal engine, awakening a surge of vitality. Step out of the bath with renewed vigor, ready to seize the day with newfound energy and enthusiasm. With Passion Ice Baths, you're not just chilling – you're recharging your inner power source.

07

Cultivate discipline: forge resilience through cold exposure

Passion Ice Baths offer more than just a chill – they provide a unique opportunity to cultivate discipline. Embracing the cold requires mental fortitude and determination, honing your ability to push beyond comfort zones. As you consistently engage in cold therapy, you'll find yourself strengthening not only your physical resilience but also your mental discipline.With each icy immersion, you're crafting a powerful habit that transcends into various facets of your life, nurturing a mindset of unwavering determination and selfmastery.

08

Boost performance: Unleash your potential with cold therapy

Cold exposure triggers the release of adrenaline and enhances oxygen utilization, both of which are crucial for optimal performance. By incorporating regular ice bath sessions into your routine, you're giving yourself an edge – whether you're an athlete, a professional, or an adventurer. With each plunge, you're not just chilling – you're tapping into a powerful tool that can amplify your performance and help you reach your peak potential.

13

Elevate mood: Embrace a frosty path to positivity

Unveil the mood-boosting magic of Passion Ice Baths. Cold exposure triggers the release of neurotransmitters like dopamine and serotonin, fostering feelings of happiness and well-being. With each dip, you're immersing yourself in a refreshing experience that can uplift your spirits and enhance your overall mood. Step out of the ice bath with a renewed sense of positivity and a smile that reflects the inner joy of embracing the cold.

09

Increase Resilience: Forge Strength Through Cold Immersion

Regular exposure to cold stimulates the body's adaptive mechanisms, enhancing its ability to adapt to stressors. As you face the icy waters, you're fostering a robust response within your body, training it to adapt and thrive. Each session is an opportunity to strengthen your physical and mental resilience, equipping you to face life's challenges with unwavering strength. With Passion Ice Baths, you're not just immersing in cold water – you're immersing in a journey of building resilience from within.

10

Lower Inflammation: Embrace the cool path to reduced swelling

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11

Reduce muscle soreness: embrace recovery through cold therapy

Cold exposure has been shown to constrict blood vessels and decrease inflammation, providing effective relief from muscle soreness. As you dip into the icy waters, you're encouraging quicker healing by promoting blood flow and reducing muscle swelling. With each session, you're not just cooling off – you're giving your muscles a chance to rejuvenate, ensuring you're ready to tackle your next challenge with renewed strength and vitality.

12

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14

Passion en Wim Hof

Just a town away from Wim Hof's home base, a remarkable journey was set in motion when fate intervened. The founder of a company called Passion Spas was deeply inspired by Wim's mission, Passion Spas was already established globally in the world of wellness with their high-quality hot tubs. The step from hot to cold was easy.

Wim Hof's mission comes with a remarkable challenge:
DELIVERING THE PERFECT COLD EXPOSURE UNIVERSALLY.

Cold therapy's benefits are undeniable, but the ideal conditions for its practice aren't readily available for everyone. Wim understands that not everyone can access the icy lakes and rivers as he does. It's this challenge that fuels his commitment to innovation, a challenge to make the invigorating power of cold therapy accessible to all, regardless of their geographical location.

Passion & Wim Hof: A shared vision
This collaboration represents more than just a business venture; it's a shared vision of empowerment and transformation. As a result, Passion Ice Baths was born - a testament to the incredible power of two entities coming together, driven by a common purpose: to make the invigorating benefits of cold therapy available to everyone, with the service u expect, no matter where they are on this planet.

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Revive

- Dimensions: 118 x 83 x 112 cm
- Number of seats: 1
- Capacity in liters: 200
- Dry Weight in kg: 145
- Full Weight in kg: 345
- Shell Material: PE
- Chiller 1,3 kW standard Until +3 °C

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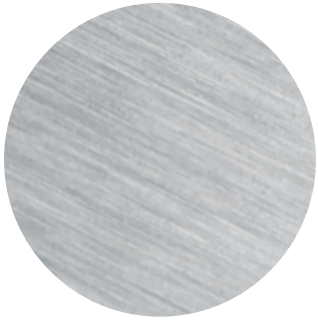
Available colors:

Granite Grey | Sand Stone | Moss Stone | Snow White | Ice Blue | Solid Grey | Earth Grey

Front colors:



Side Panels:

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Faith

- Dimensions: 125 x 95 x 108 cm
- Number of seats: 1
- Capacity in liters: 150
- Dry Weight in kg: 50
- Full Weight in kg: 245
- Shell Material: Natural Stone and PE
- Chiller 1,3 kW standard Until +3 °C

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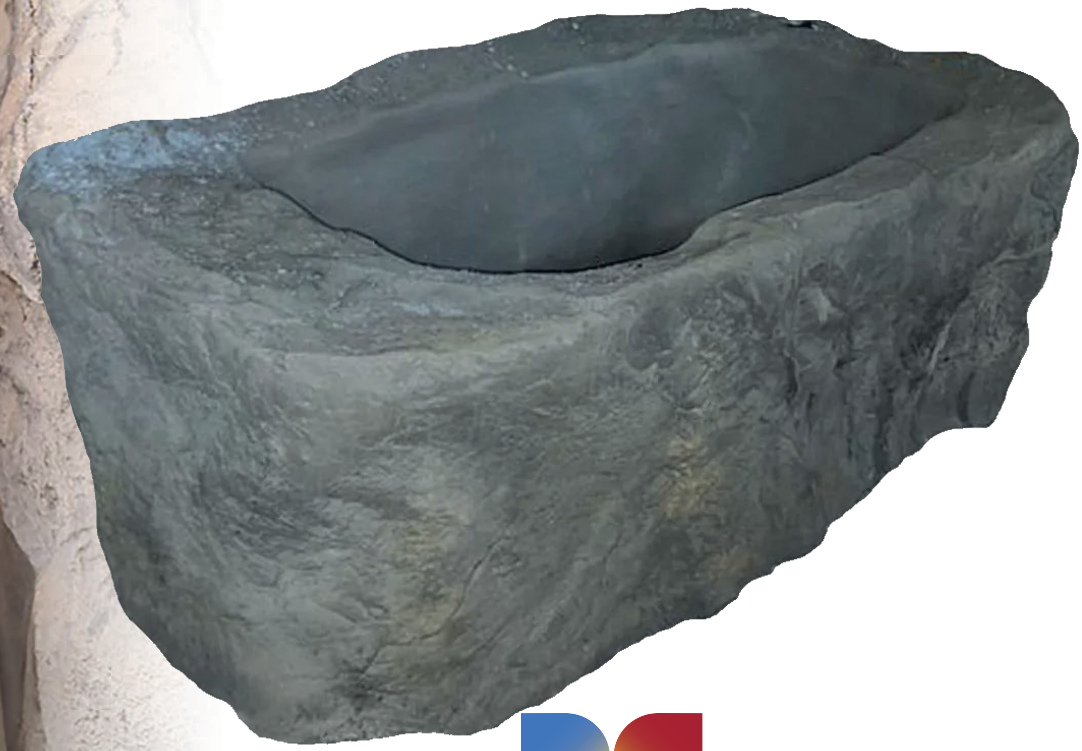
Explore

- Dimensions: 183 x 119 x 67 cm
- Number of seats: 1
- Capacity in liters: 180
- Dry Weight in kg: 75
- Full Weight in kg: 255
- Shell Material: Natural Stone and PE
- Chiller 1,3 kW standard Until +3 °C



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Breeze

- Dimensions: 200 x 90 x 75 cm
- Number of seats: 1
- Capacity in liters: 200
- Dry Weight in kg: 145
- Full Weight in kg: 345
- Shell Material: PE and Wood
- Chiller 1,3 kW standard Until +3 °C

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Elevate

- Dimensions: 305 x 228 x 110 cm
- Number of seats: 6
- Capacity in liters: 1450 + 450
- Dry Weight in kg: 500
- Full Weight in kg: 2400
- Shell Material: Aristech® Acrylic with Vinylester and Polyester

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Vitalice

- Dimensions: 390 x 228 x 155 cm
- Number of seats: 1
- Capacity in liters: 7500
- Dry Weight in kg: 1200
- Full Weight in kg: 8700
- Shell Material: Aristech® Acrylic with Vinylester and Polyester

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