



Extralink Foldable Ice Bath Tub for Cold Therapy



link to the product:

<https://www.batna24.com/gb/p/ice-bath-tubs/extralink-foldable-ice-bath-tub-for-cold-therapy>

Price: **499.00 zł** gross / 405.69 zł net

Manufacturer: EXTRALINK



Referention number: DNXGGLQMIRMMNM

Full product description

Health Benefits for Body and Mind

Discover unparalleled pleasure and health benefits with a portable walrus tub from **Extralink**. Walrushing is a practice that has been revered for centuries for its positive health effects. Bathing in cold water can **stimulate circulation, boost immunity and improve overall well-being and emotional state**



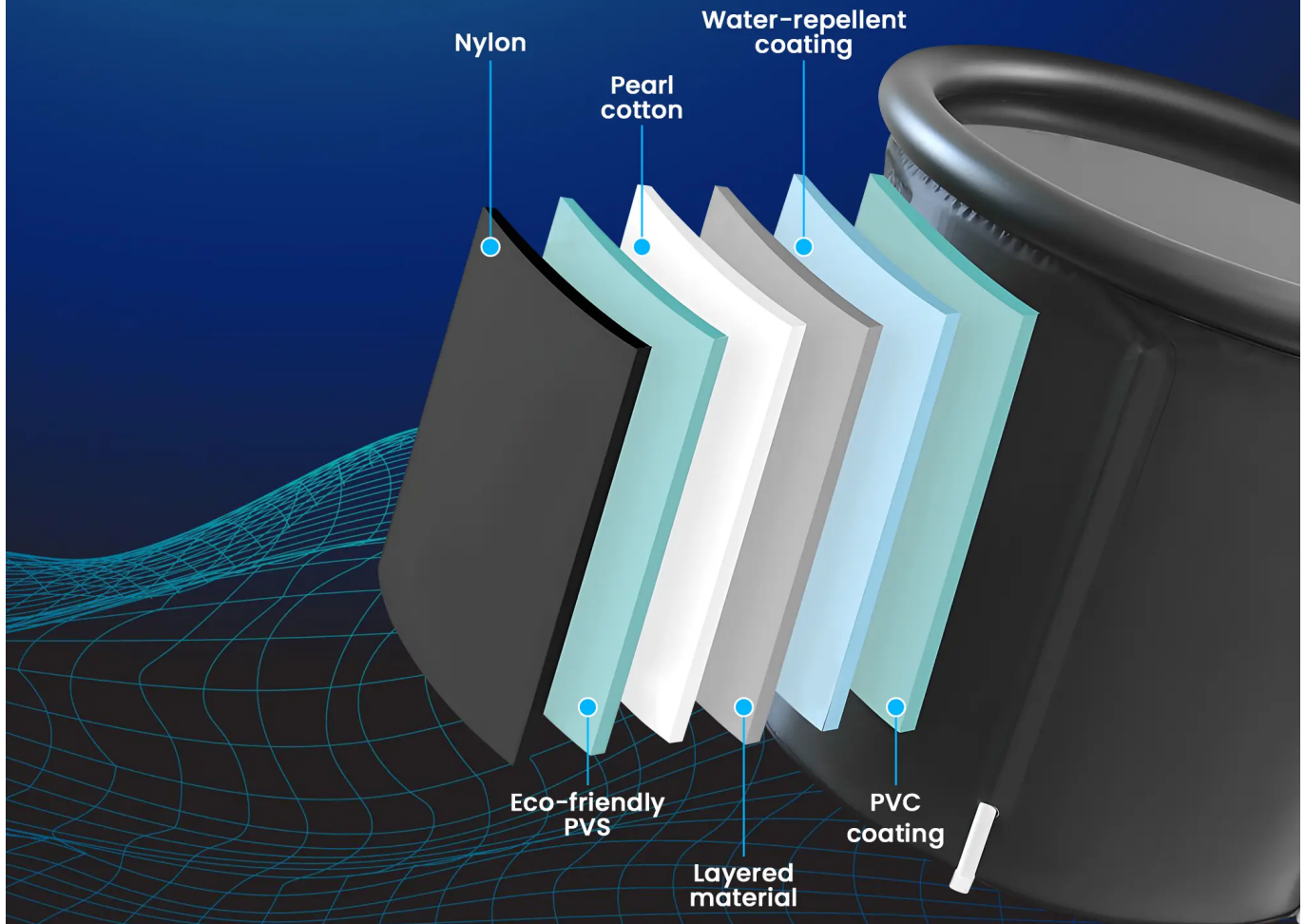
HEALTH BENEFITS

Practising cold water therapy will not only strengthen the body, but also the mind, improving discipline and immunity.

Walrus wherever you are

Our portable tub is the perfect solution for walrus fans. Enjoy the benefits of icy water **anywhere**. Whether you are a nature lover or just want to enjoy walruses in the comfort of your own garden, our **Extralink tub will meet your needs**

THE ICE BATH THERAPY BATH HAS PASSED A NUMBER OF TESTS. CONSTRUCTED FROM PREMIUM MATERIALS TO ENSURE DURABILITY AND ATTENTION TO DETAIL IN CONSTRUCTION.



Lots of benefits, compact size

Surprisingly lightweight, our portable walrus tub weighs only **4 kilograms**, making it easy to transport and store. Its compact dimensions of **85cm in diameter and 75cm in height** allow it to be installed even in limited spaces. Extralink tubs have a capacity of **400 liters**, which allows for comfortable bathing. Made of high-quality materials such as **pearl cotton**, they guarantee durability and reliability

Extalink Smart Life Ice Bath Therapy



4kg



85x75cm



400L

In a healthy body, a healthy spirit

Bathing in cold water has a number of health benefits for the **body and mind**. Stimulating blood circulation helps improve **oxygen delivery to cells**. Strengthening the immune system is another benefit of bathing in cold water, which translates into a more effective fight against infections. Using our tub **will improve your concentration, improve the condition of your skin and hair, and increase your tolerance to the cold**



Extralink portable tub is very easy to install thanks to its small size. The set includes:

The Extralink Smart Life Ice Bath Therapy kit includes:



How to use?

Fill our bathtub with cold water from a garden hose or tap and add **large amounts of ice** to further lower the temperature. Studies have shown that temperatures **below 15 degrees** have significant health benefits. It is important to avoid hypothermia. To this end, baths should last no longer than **10-15 minutes** and the temperature should be regulated between **10-15 degrees Celsius**.



To avoid blood circulation problems or hypothermia, it is important that exposure is limited by 10-15 minutes and the temperature is regulated within 10-15°C.



HOW TO USE

Simply fill our ice bath with water from the garden hose or tap and add ice to further reduce the temperature.



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