



REFRESHINGLY COLD, EXPERTLY CRAFTED:  
MEET THE VIGOR™ COLD PLUNGE



The perfect complement to your wellness routine, from Hot Spring® Spas.

## Why Take the Plunge?<sup>1</sup>

Elevate your edge and infuse vitality into every aspect of your life with the Vigor™ cold plunge. Experience cold water immersion that revitalises your body, sharpens your focus, and elevates your mood. It is not just about feeling good—it is about accelerating muscle recovery, sharpening mental acuity, and enhancing overall wellness. By making cold plunging part of your routine, you will boost energy levels, build resilience, and step into a stronger, more invigorated version of yourself—ready to take on any challenge.

## The Science of Cold Exposure<sup>2</sup>



### HEIGHTENED MOOD, FOCUS, AND MENTAL ACUITY

Cold exposure stimulates the release of norepinephrine and dopamine, which enhance mood, motivation, and mental acuity.



### ENHANCED RESILIENCE TO STRESS

Pushing past “mental hurdles” with regular cold exposure trains the nervous system to handle stress calmly, reducing baseline anxiety over time.



### ENERGY

Cold water enhances your body’s natural cooling process so you feel more alert and recharged. Depending on your health and sensitivity, cold plunging can leave you refreshed, revitalised, and ready to take on the day.



### REDUCED MUSCLE SORENESS

By lowering tissue temperature, cold exposure helps muscles recover faster and reduces soreness, making it ideal for athletes and active individuals.

<sup>1</sup> Individual results may vary

<sup>2</sup> <https://www.hubermanlab.com/episode/using-deliberate-cold-exposure-for-health-and-performance>



## Craftsmanship Meets Innovation

Built with the same quality, durability, and innovation that makes Hot Spring Spas the world's best-selling hot tub brand, the Vigor reimagines the cold plunge experience. Featuring an ergonomic design, it creates the ideal environment for focused recovery. Advanced cooling and filtration systems ensure perfectly chilled, crystal-clear water is always ready, while enhanced insulation keeps temperatures steady and energy efficient. Vigor is the ultimate addition to your wellness routine, delivering convenience, reliability, and unmatched performance.



### SPECIFICATIONS

<b>Dimensions</b>	224 × 107 × 74 cm
<b>Seats</b>	1
<b>Lowest Temp.</b>	5°C
<b>Dry Weight</b>	165 kg
<b>Water Capacity</b>	425 litres
<b>Electrical</b>	230V / 13 amp

### CABINETS

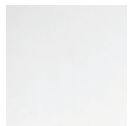


Ash



Mocha

### SHELL

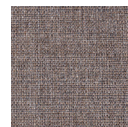


Alpine White

### COVERS



Grey



Storm



## Hot & Cold Therapy in Perfect Harmony

Experience the power of contrast therapy with the winning combination of a Hot Spring® spa and the Vigor™ cold plunge. Embraced by fitness enthusiasts and elite athletes, this invigorating wellness practice alternates warm water hydrotherapy with bracing cold to deliver a range of health benefits, from boosting your energy levels and reducing muscle soreness to enhancing sleep and building resilience to stress. Unlock total wellness with the routine designed to speed recovery, strengthen endurance, and enhance your overall well-being.

## Building Your Cold Plunge Routine\*

Setting up a cold plunge routine tailored to your goals is simple:

### START SAFE AND GRADUAL

Begin with water temperatures between 7 - 15.5°C for 1-2 minutes, gradually extending duration and lowering temperature as tolerance builds.

### FREQUENCY

Aim for 2-4 sessions weekly, targeting a total of 11 minutes per week. This approach aligns with research highlighting optimal benefits from consistent exposure.

### MINDSET

Embrace the initial discomfort as an opportunity to practice calmness and resilience. Controlled breathing techniques, such as slow rhythmic breaths, can help manage the cold and extend your time comfortably.

## Ready to Take the Plunge?

Visit our website or contact your local Hot Spring Spas dealer and learn how you can elevate your edge with VIGOR, the only cold plunge by Hot Spring Spas.

\* Before starting any cold plunge routine, consult your doctor to ensure it is safe for you, especially if you have underlying health conditions, circulatory issues, or sensitivities to cold exposure.



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