



EMBRACE THE COLD

**Unlock your potential.
Break through mental barriers.
Feel invigorated.**

Chill Springs will change your outlook on life and allow you to break through your own boundaries and make you feel you can take on the world.

Cold therapy is a recovery technique used by athletes and individuals looking to reduce muscle soreness and inflammation after physical activity. Some potential benefits of a Chill Springs Include:

Reducing muscle soreness

Cold water immersion can help reduce muscle soreness by constricting blood vessels and reducing inflammation.

Improving recovery time

By reducing muscle soreness, a Chill Springs may help athletes recover faster and be ready for their next workout or competition.

Decreasing inflammation

Cold water immersion may help reduce inflammation in the body, which can be beneficial for individuals with chronic inflammation or inflammatory conditions such as arthritis

Improving circulation

Cold water immersion can stimulate blood flow and improve circulation, which may help with recovery and reduce the risk of injury.

It's important to note that Chill Springs are not suitable for everyone and can be uncomfortable or even dangerous for some individuals. It's always best to consult with a healthcare professional before starting any new recovery routine.

Start your cold journey with Chill Springs.



CONTENTS

How To Set Up Your Chill Springs.....	04
The Purpose Of Your Chill Springs.....	05
Premium Material.....	06
User Responsibility & Safety Advice.....	07
Health & Safety Warnings For The User.....	08
Technical Specifications.....	10
Control Panel And Components.....	11
How To Operate.....	12
Cleaning And General Maintenance.....	14
The Insulated Cover.....	16
Troubleshooting & Error Messages.....	17
Disposing of Your Product.....	18
Warranty and Repair.....	20



HOW TO SET UP YOUR CHILL SPRINGS

If you can't wait to try your new Chill Springs then please follow these simple instructions to get started.

We do recommend that you read the full manual though in particular the safety information before you use.



1

To fill the tub, simply put a garden hose into it. The tub will be completely filled in approximately 15-30 minutes, depending on water pressure



2

Open the air bleed screw to exhaust air from the filter and pump housing. See page 14 for more information



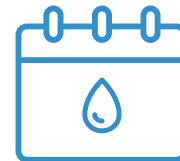
3

Plug in your tub to a 13amp plug socket and set the desired temperature on the control panel



4

Within a few hours you will be able to start enjoying your new Chill Tub cold water therapy



5

We strongly suggest you empty your water every 8-12 weeks and repeat these first three steps

The purpose of the Chill Springs is to allow people to experience cold water safely and efficiently in their own setting at home or in a commercial setting.

The Chill Springs is designed to go down to as low as 38 degrees, which is extremely cold and we advise you to read the safety instructions before getting in.

Who is it for?

The Chill Springs are designed for use by one person at a time so don't try and squeeze another person in. It is intended for use by adults, and certainly not children, who have some experience in cold exposure and have at least a little knowledge about this topic. If deliberate cold exposure is new to you then please learn more about this first and make sure it is for you. Also start gradually with temperatures of around 10 degrees and shorter durations of up to a minute to make sure you get used to it before taking the plunge.

TOP TIPS

DO build up slowly. Diving in at the deep end might not be the best idea -could start off by gradually introducing your body to the cold water - feet, then legs, then torso and so on. Don't feel like you have to fully submerge on your first few attempts.

DO be mindful of your breathing. Learning to control your breath is a big part of being in cold water. How we breathe is often a very accurate indicator of how we are in our mind. So, if we're breathing fast and rapidly, then that means we're feeling quite frantic in our heads. If our breath is nice and slow and smooth and deep, we are maintaining an element of homeostasis in our body, which keeps us calm.

DO take your experience into account when deciding what temperature to set your Chill Springs. For those who have never been exposed to any sort of cold water, you should start at around 50 degrees Fahrenheit. If you regularly take cold showers, then you could start a little lower at 43 degrees Fahrenheit.

How are they made?

Made from stainless steel with a teak top and a black aluminium surround, the Chill Springs looks stylish and is suitable for indoor or outdoor use. Its temperature settings go as low as 3 degrees and it holds up to 300 litres of water. It has a built-in patent pending

ozonator for clear water plus an insulated cover to help reduce running costs. With an antifreeze function to help prevent the formation of ice or frost on the heat exchanger coils or other components of the system. A hose pipe connection is also available for draining.



Stainless Steel



Teak Top



Black Aluminium Surround



Ozone and Filtration systems

Chill Springs declines all liability for damages arising from failure to observe the following directions.

As the owner, it is your responsibility to:

- Ensure the safety of those using the Chill Springs and read and observe the health and safety warnings and safety recommendations as set out in this manual
- Maintain the materials of which the Chill Springs is made from by following the cleaning procedures in section 8 of this manual
- Use the Chill Springs according to the recommendations in this manual
- Only use our recommended engineers for service and repairs
- Ensure a safe electrical connection to the Chill Springs which are 'class 1' appliances and must therefore be permanently connected, without intermediate junctions or extension cables, to the electrical network and to the protection circuit (earthing system) in your home
- Ensure that the cabling does not present a trip hazard
- Live electrical components and equipment (except those powered at a very low voltage not exceeding 12V) must be out of reach of individuals using the appliance
- Parts containing electrical components must be positioned or fixed so that they cannot fall into the water
- There will likely be times when water spills out of the Chill Springs, especially when getting in or out and we recommend taking a common-sense approach and making sure there is good drainage for water on the floor around your Chill Springs and a non-slip surface to step on to

CAUTION: Before carrying out any maintenance operations, disconnect the appliance from the power supply.

DO NOT switch the power on to the Chill Springs until it is filled to the required level.

Running the pump dry, without water, could cause immediate damage and void your warranty.

Avoid flooding. We would advise that the level to which you fill your Chill Springs with water falls at least 20cm below the top to avoid flooding.

This level is something that will be different for everybody and we recommend that you become comfortable with what level of water works for you and observe what happens to the water levels when you get in - you can always then adjust accordingly.

Top-up the water periodically as it lowers due to users entering/exiting to keep the water level high enough.

Do use your insulated cover. It is advisable not to leave the Chill Springs uncovered when not in use since the temperature of the water will rise.

Damage arising by not following the guide or warnings are not covered by the warranty.

If you have any questions concerning the operation of your Chill Springs or the information in this manual, please do contact us.

Taking the plunge is a big step

Chill Springs declines all liability for damages arising for failure to observe the following directions.

Health disclaimer: If you're unsure about whether this is for you then please check with your doctor before using your Chill Springs.

Chill Springs are suitable for most people, most of the time, however we recommend to take a cautious approach and we would advise that people with reduced mobility, sensory, and/or cognitive abilities only use the Chill Springs if supervised and only if they have the knowledge necessary to use the equipment safely, as well as to understand the dangers arising from improper use.

Tolerance to cold water varies from person to person and we recommend being mindful of gradually building up the duration of use with the Chill Springs and be cautious when using it alone.

New to this?

It is quite dangerous to suddenly jump into cold water that's significantly cooler than what you're used to as it can cause a shock to the body. Therefore, enter the water slowly and keep your face shoulders and hands clear until your breathing is under control.

The cold-water shock response decreases with cold exposure experience and being mentally prepared.

A risk factor is hypothermia.

This occurs when you suffer a drop-in core body temperature and can eventually lead to loss of consciousness and heart failure. The amount of time you can spend in cold water without suffering from hypothermia is determined by the water temperature, your body size and shape, your level of cold adaptation and your experience, among other factors. Check with your doctor as relevant. Start with safe, short dips of 30 seconds to learn what your limits are. If you begin to feel uncomfortable or you start to shiver, listen to your body, get out and slowly warm up by walking around.

If you like, you can check the water temperature before entering the bath, to ensure that it is at temperature that is suitable for your experience in cold exposure. The temperature of the water is displayed as default on the control panel.

Children must be supervised near the Chill Springs to make sure they do not play with the equipment and do not carry out operations to be performed by adults (cleaning cycles/maintenance). Always attach the cover when not in use. Small children are not advised to use the Chill Springs.

Please check with your doctor as relevant. Pregnant women should talk to a doctor first, low temperatures are not advised. Anybody under medical care, such as people with heart conditions, diabetes, high or low blood

pressure or other health problems must not use the Chill Springs without first consulting their doctor. People with infectious diseases should not use the Chill Springs without first consulting their doctor.

Do not use the Chill Springs after drinking alcohol or taking recreational drugs. The use of alcohol or drugs can greatly increase the risk of fatal hypothermia when using the Chill Springs.

Do not use your Chill Springs during extreme weather conditions (during storms or floods etc). It is also recommended to place the Chill Tub in an area that will not attract standing water. Good drainage is essential so that the services compartment does not become submerged with water. If it does, switch the unit off and let everything dry out.

Be very careful when getting in and out of the Chill Springs. Surfaces may be slippery when wet.

In order to protect the pump from large pieces of debris - always do your best to keep the inlet (inside and right at the bottom of the unit) clean and clear.

DO NOT use other electrical appliances such as radios, hairdryers etc near the Chill Springs when it is not empty. It is important to maintain water cleanliness in accordance with Chill Springs' instructions by following the correct cleaning procedure, see section 8.

The Chill Springs has an automated cleaning cycle which runs constantly. During this time the pump, filter and Ozone cleaner run simultaneously.

DO NOT use any unapproved chemicals or detergents unless you plan to rinse the Chill Springs thoroughly to remove any remnants of cleaning products before refilling with the water you will bathe in. Chemicals such as ammonia, combustible substances, bromine, fluorine are not advised on the Chill Springs as they may risk passing on to users.

DO not use a pressure washer to clean the Chill Springs as this may result in damage to the electrics and services compartment unit.

It is very important to keep the cover on when the Chill Springs is not in use - this is to prevent injury to children or animals and to also prevent water ingress to the services compartment when raining, if the user is placed outside.

Any repairs required must be made by a Chill Springs approved engineer. Chill Springs cannot accept liability for any damage arising from alterations or repair made by non-approved engineers.

It is the end user's responsibility to ensure the power supply used is on an RCD protected circuit.

For all operations and maintenance of the Chill Springs please refer to this manual and if in doubt please contact Chill Springs directly via email first – support@chillsprings.com

TECHNICAL SPECIFICATIONS

Power Supply

15Amp
110V

Materials

Stainless Steel 304,
Aluminium, Teak

Dry Weight

275lbs

Water Capacity

106 Gallons

Temperature

Settings as low as 37° degrees F

Draining

Hose Pipe connection

Antifreeze function

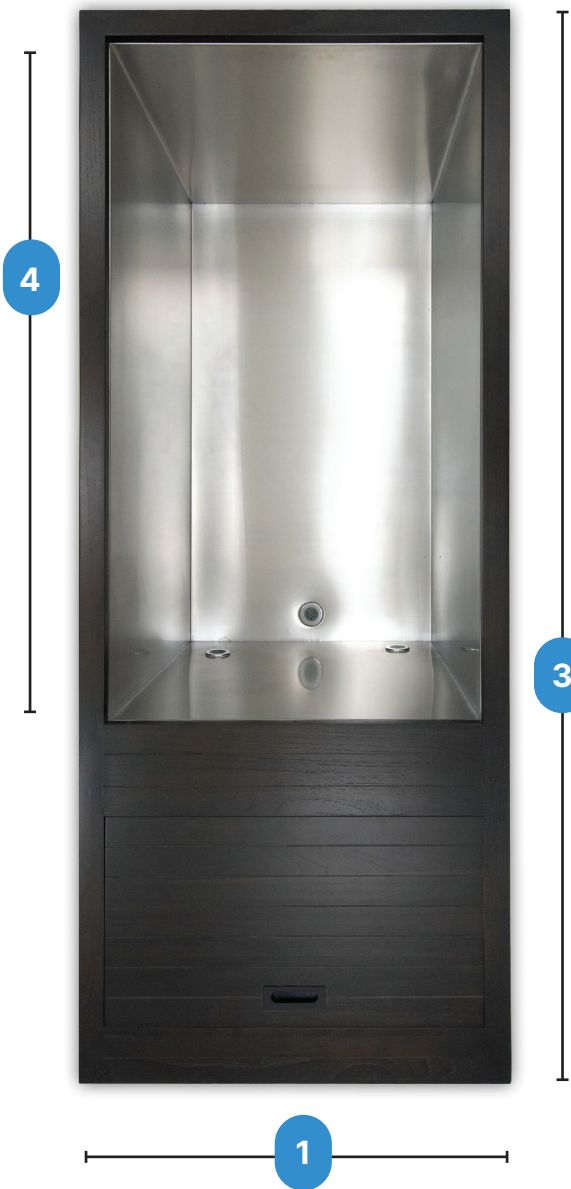
Prevents the formation of ice or frost

Ozone + Filtration

Built in ozone and filter system for clear water

Cover Included

Insulated for reduced running costs



Dimensions

1 29in

2 30in

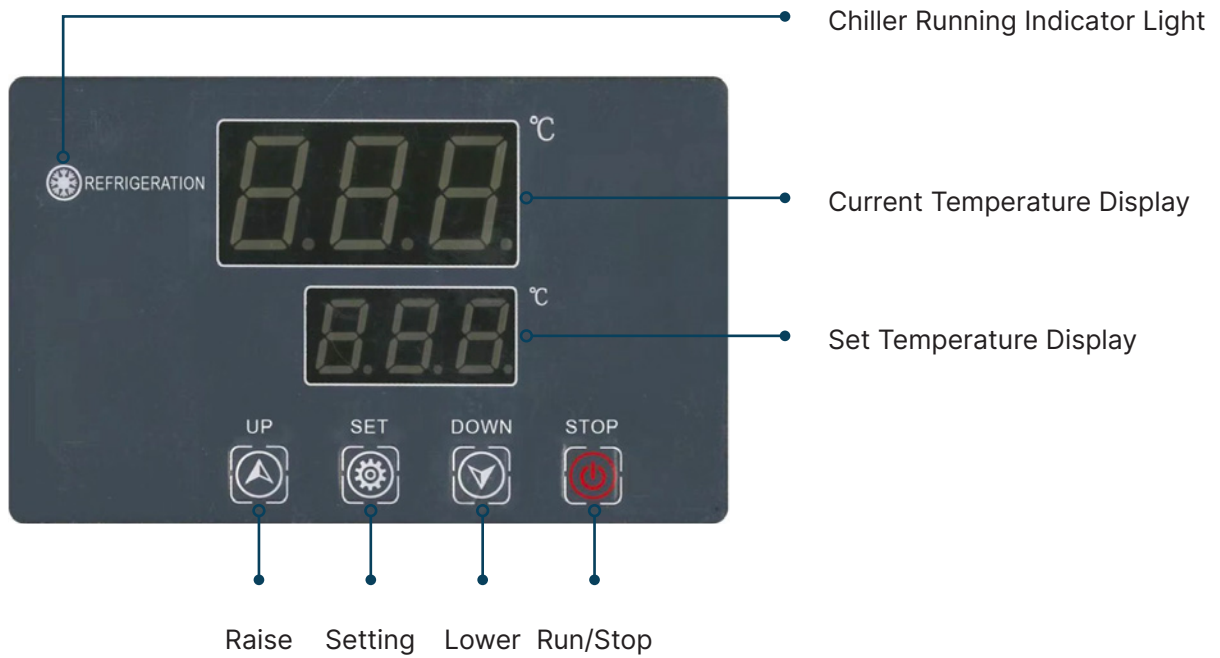
3 71in

4 47in



Control Panel

Stainless Steel Temperature Control Key Instructions



Notes: After turning on the power for the first time, wait for the green indicator light to light up when the refrigeration is running. Press the run button, then press the set button, and then press the lower

or higher button. After 5-8 seconds, it will enter the working state. During use, it is necessary to adjust the temperature and directly press the set button to lower or raise the temperature.

Components



Before installing the Chill Springs, please ensure that there are no obstacles on the outside of the vents on the side of the chiller/fan.

If there are obstacles blocking the vents, it will cause the compressor to self-protect and the Chill Springs water temperature cannot drop.

Power connection

1. The Chill Springs must be plugged directly into an RCD protected circuit on a 13-amp socket or box.
2. Do not use an extension cable to run the Chill Springs, this can be a fire hazard.

To fill the Chill Springs for the first time

1. Turn off the power to the Chill Springs before filling/draining and do not turn the power back on until the Chill Springs has been refilled.
2. Fill the Chill Springs to the desired level. It will take approximately 15-30 minutes to fill, Depending on water pressure
3. Open the air bleed screw to exhaust air from the filter and pump housing. See page 14 for more information
4. Switch the power on only when it has been filled. The monitor will flashgreen, wait for 3-5 mins and it will enter the running state. The default temperature is 38 degrees.

5. Allow the Chill Springs to get down to the temperature as set on your controller. As the Chill Springs is affected by the environment please turn the machine on 6-12 hours in advance.

If the Chill Springs is set to 38 degrees, it will run the chiller until it reaches this temperature. Once the temperature then reaches 39 degrees it will turn the chiller on and cool to 38 degrees.

Where multiple users are using the Chill Springs, frequently we recommend adding a Huwa-San silver stabilised hydrogen peroxide. This is what we recommend as a proven, safe and powerful residual disinfection for Chill Springs. We do not recommend chlorine products or other salts.

To drain and refill the Chill Springs:

1. Turn off the power to the Chill Springs.
2. Drain the water using the hose pipe attachment to connect a hose pipe and then open the ball valve to let the water out.
3. Wipe out the inside of the Chill Springs with a clean cloth to clean any residual dirt or grime. DO NOT use any chemicals such as bathroom cleaner or stainless-steel cleaner - see section 8 for details.
4. When it is clean and rinsed, ensure the ball valve is closed. Re-fill using a hose pipe.
5. Switch the power back on to the Chill Springs and allow the water to get down to the temperature as set by on your controller

IMPORTANT

We recommend that you replace the water in the Chill Springs every 8-12 weeks depending on user levels and visible water quality. Frequency of water replacement depends on frequency of usage and care taken in maintaining water quality. It will become evident that the water needs changing when the water doesn't look clear. Drain and re-fill.

Adjusting set temperature

1. The display will show the current water temperature. The default is 38°f and it will run the chiller until it reaches this temperature, it will then automatically cycle the constant temperature. If the temperature then reaches 39°f it will turn the chiller on and cool to 38°f.
2. If you want to change the temperature, press the setting key first, and then press the up and down temperature adjustment key at the same time, press the up and down temperature adjustment key to reach your own desired temperature.
3. Wait for 5-8 seconds without any action, and the machine will enter the new indicator operation. The machine will default to this temperature next time.

Automated clean function

1. The Chill Springs will clean itself constantly in the background.
2. This runs the pump/filter and Ozone together

How to turn the Chill Springs off

Turn off the switch or unplug the power supply. Please note that the temperature control display has a memory function, and the next time it is turned on, it directly enters the last set temperature operation.

If not in use for a long time, please cut off the power and drain all the water inside the Chill Springs.



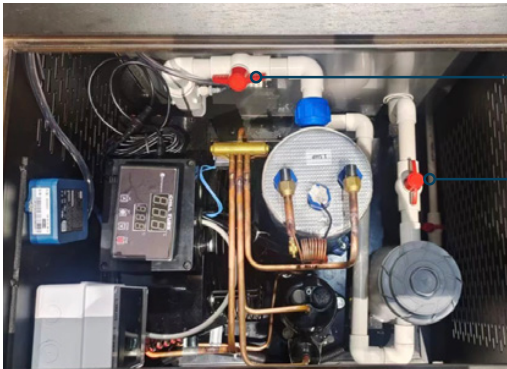
Maintaining your Chill Springs keeps it clean and hygienic, while also protecting it from damage.

If you want to keep it clean, you should combine both prevention and treatment to protect it. It has a built in Ozone and filter system for clear water.

How to change the filter



Open the hatch on the top and you can change the filter and open/close ball valves inside.



Outlet Valve

Inlet Valve



When replacing the filter element, please close the water inlet and outlet valves of the tub, loosen the filter exhaust valve by counter clockwise, then unscrew the filter cover, remove the filter element, and replace the filter element.



After replacing the filter element. Screw on the filter cover, open the ball valves. Then open the exhaust valve slightly to ensure there are no air locks. After this you can turn the Ice bath back on

Changing the water

We recommend that you replace the water in the Chill Springs every 8-12 weeks depending on user levels and visible water quality. Frequency of water replacement depends on frequency of usage and care taken in maintaining water quality. It will become evident that the water needs changing when the water doesn't look clear. Drain and re-fill.

Cleaning the Chill Springs

We recommend cleaning the Chill Springs with Huwa-San silver stabilised hydrogen peroxide. We do not recommend household cleaning products. During replacement of water, it is an

ideal time to clean the stainless steel on the inside of the Chill Springs. This can be done by wiping out the Chill Springs with warm water on a damp cloth or sponge to remove any dirt or grime. When cleaning the services end, the power must be switched off.

Stainless steel can be marked permanently if scratched and scraped. It also has a natural grain and any deep cleaning of the steel with abrasive substances (scouring pads and household cleaning liquids) will mark the unit if rubbed hard and in the wrong direction of the grain. This is also not necessary and why we suggest warm water and a sponge with Huwa-San silver stabilised hydrogen peroxide.



THE INSULATED COVER

The cover to your Chill Springs that has been supplied as an upholstered item and needs handling with care as it is easily damaged.

It comes with a 1 year warranty. Our covers, and any future replacements, can be ordered directly via **GPM Manufacturing**

The insulated cover is designed for three prime purposes:

- To insulate the water from warmer air temperatures, especially warm sunshine
- To stop debris from entering the water or the adjacent services area
- A physical deterrent for small children and animals endangering themselves by entering the cold water

It will benefit from a hose down every month, including the underside.

If there is a problem considered to be a manufacturing defect, this will be covered by the warranty, please contact us as needed. If the problem is due to bad handling or mis-operation unfortunately this will not be considered as a warranty repair.

Chill Springs covers are not designed to be stood upon, crawled across, used as places to stand on to change exterior light bulbs etc.



PROBLEM

The water is murky

My Chill Springs won't get to temperature set

There is a bad smell coming from the Chill Springs

The temperature is different to what my thermometer is showing

My Chill Tub will not switch on

If there is an issue then please call After Sales on 01246 559071 or email us at support@superiorwellness.co.uk

SOLUTION

Ensure the filter is clean. This should be rinsed every month and changed every 3 months.

Check there is a green light is on the ozonator

Change the water if it has become too dirty.

Turn the appliance off for 2 minutes and turn back on, it will reset to 38 degrees.

Are both vents free of obstacles and walls, they require at least 20cm of space, ideally 30cm.

Make sure that the green light next to refrigeration is on Solid. If there is no light, press the stop button to make the refrigeration unit turn on.

Check, is the compressor running, can you hear a fan, if not then please call us.

If the water looks clean and clear there should be no adverse smells. Run a clean cycle several times.

If the water looks murky, drain and change it.

The internal temperature probe is calibrated to within **0.3° +/-**

There could be an issue with the temperature sensor or PCB board. **Call After Sales on 01246 559071**

Ensure there is power to the plug socket you are trying to use. Check the fuse in the plug has not blown. Also check the breaker inside of the control box inside the unit.

Our Chill Springs warranty provides coverage for defects in workmanship and defects or malfunctions that arise during normal use conditions for a period of 2 years from the date of delivery.

With the exception of the insulated top cover and the wooden surfaces which have a warranty of 1 year.

This warranty applies only to non-commercial, residential use of the Chill Springs and only to the original purchaser or original owner if the product was purchased as a gift.

The warranty does not cover damage resulting from the addition of chemicals to the water, neglected filter care and replacement, power outages, low water flow, restricted air flow, or any other form of neglect, misuse, or abuse. There may be other exclusions to this warranty, as described in the Limited Warranty. It is important to carefully read and understand the terms of the Limited Warranty in order to fully understand the coverage provided.

If you have a problem, we will help

For service under this Limited Warranty, please call **123-456-7890**, or contact us at **support@chillsprings.com**

Please provide us with the following information: name of purchaser, proof of purchase, dated receipt, item purchased, and as much detail as possible concerning the problem or failure. Claims must be made within the specified warranty period, as above. Most warranty issues will be easily handled over the phone with a customer service technician. If a repair covered under this warranty is necessary, within the applicable warranty period, the cost of part(s) is covered by Chill Springs, including any shipping related costs to **mainland UK and engineer costs to repair the problem, this may be an employee of Chill Tubs or a local engineer. Outside of the mainland UK, Superior Wellness will ship parts for a local engineer to fit under our remote supervision. In either case, most repairs can be performed within 2 hours.**

Outside of the Limited Warranty period

Chill Springs will continue to offer phone support for issues occurring after expiration of the warranty period as it sees fit. However, the customer will be 100% responsible for any associated costs such as parts, labor, shipping, etc after expiration of the applicable warranty period.



Warranty limitations and exclusions

- The insulating top cover carries a 1 year warranty. If there is a problem considered to be a manufacturing defect, this will be covered by the warranty however if the problem is due to bad handling, mis-operation or not used as specified in the manual, unfortunately this will not be covered under the warranty.
- The condensing unit, water pump, ozonator and electrics all carry a 2 year warranty.
- The wooden surfaces, the top deck and/or side cladding panels all carry a 1 year warranty.
- Replacement filters are available for purchase, but replacement is entirely the customer's responsibility. Chill Springs is not responsible in the case a customer may lose or damage parts replacing their filter. We recommend the Chill Springs filter which can be purchased from us.
- This warranty is automatically void if Chill Springs determine that the product has been altered, abused, neglected or in any other way mistreated or used for any other purpose.
- The customer is responsible for regular maintenance of the product. Any problems or failures arising from failure to provide proper maintenance, including using chemicals will void this warranty. Using improper or harsh cleaning agents will also void this warranty. This warranty will be void if the customer uses any replacement parts or accessories not genuine or original to the unit or provided by Chill Springs.
- This warranty is valid for in-home & residential use only. Any commercial use of this product will automatically void this warranty. All repairs must be performed by an approved agent of **GPM Manufacturing**.
- The liability, if any, of the manufacturer, Chill Springs, shall not exceed the original purchase value of the product covered under this warranty. Chill Springs is not responsible for any incidental damages that may occur after delivery. Chill Springs is not liable for any injury or loss that arises from any defect covered under this limited warranty, either incidental or consequential, including but not limited to, loss of use of the Chill Springs even if Chill Springs was made aware of potential damage prior to occurrence of said damage.



DISPOSING OF YOUR PRODUCT

Before disposing of your Chill Springs, please make sure it is switched off and safe.

Please note: the refrigeration system contains gases and refrigerants which require specialist waste disposal. The valuable materials contained in a refrigeration appliance can be recycled.

Contact your local waste disposal depot for proper disposal of your Chill springs and contact your local authority, or you can speak to us directly if you have any questions.





EMBRACE THE COLD

If there is an issue then please call 123-456-7890
or email us at support@chillsprings.com