



Winthera Ice Pro Ice Bath

Safety & Operating Instructions



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Please read these safety instructions and operating guidelines carefully before installing or using your Winthera Ice Pro Ice Bath. Adhering to these instructions will ensure safe use and optimal performance of the product. Keep this guide for future reference.

Strong, Level Support:

The Winthera Ice Pro Ice Bath weighs approximately **268 kg** when empty. When filled with water (**~500 liters**) and including the weight of a typical user, the total operational weight can reach up to approximately **850 kg**. Always install the ice bath on a **solid, flat, and stable surface** capable of safely supporting at least **1000 kg (2200 lbs)** to ensure a margin of safety.

Floor Material:

Do not place the unit on wood flooring or other water-sensitive surfaces. Normal operation produces condensation and occasional water splash. These can damage delicate floors or carpets. Use a water-resistant mat or tray if needed, and ensure any dripping water can drain safely without causing damage. Wipe up any condensation around the tub regularly to prevent moisture damage or slipping hazards.

Space and Ventilation:

Leave at least **90 cm (35 inches)** of free space on all sides of the unit for air circulation, and about **110 cm (43 inches)** clearance on at least one side to access the control panel, chiller, and for maintenance. The chiller exhausts warm air—adequate ventilation prevents overheating. **Do not cover or block** the air intake or outlet vents at any time.

Indoor/Outdoor Use:

If using the ice bath outdoors, place it in a **covered, dry area** away from rain and direct sunlight. Always **use the insulated cover** when the tub is not in use to keep out debris and weather. **Important:** Water or weather damage (due to rain, snow, or sun exposure) is not covered under warranty, so protect the unit from the elements.

Child and Pet Safety:

Choose a location that **restricts unsupervised access** to children and pets. If installed in an open or public area, consider placing a safety fence or barrier around the ice bath. This prevents children or animals from climbing into the tub or tampering with the chiller unit. Never leave the unit unattended around children.

Drainage Plan:

Ensure you have access to a **drain or hose** for emptying the tub. The ice bath has a drain outlet at the base (3/4" size) – you can attach a garden hose to direct water to a suitable drain area when emptying. Plan where the water will go **before** you fill the tub, to avoid flooding or water damage during drainage.

After Transporting:

If the unit has been **moved or shipped vertically (long side up)**, allow it to sit upright for **24 hours before first use**. This lets the refrigeration fluids settle and helps prevent compressor damage. (If the unit was always kept upright during transport (long side parallel to the floor), you can use it immediately.)

Wheel Locking Mechanism:

The CT22 is equipped with four wheels for easy movement and placement. Each wheel features a locking mechanism. **After positioning the CT22 in its desired location, always activate the locks on all four wheels to prevent any unintended or unsafe movement of the product.** This ensures stability and safety during use.

Power Source:

Only connect the ice bath to a **220–240 V AC, 50 Hz** mains outlet. **Verify that your electrical supply meets this requirement** before plugging in. The Winthera Ice Pro is **CE certified** for safety under European standards. Using the correct voltage is critical to avoid electrical hazards or damage to the equipment.

Proper Grounding (Earthing):

The ice bath **must be plugged into a grounded outlet**. Use the factory-supplied power cord with an appropriate **EU-standard grounded plug** (e.g., Schuko Type F or the correct plug type for your country). **Do not use travel adapters or modify the plug**, as this can remove the essential earth/ground connection. The earth connection (grounding) on your Schuko plug (Type F) is a critical safety feature—never modify or bypass this grounding connection.

Connect the unit to an outlet protected by a **Residual Current Device (RCD)**. An RCD is an electrical safety switch designed to rapidly cut off power if an electrical fault or leakage is detected; it's similar to a GFCI device used outside Europe.

Your Winthera Ice Pro also has an **integrated internal RCD**. Regularly test both the external and internal RCDs at least once per week by pressing their respective test buttons. Both devices should trip and reset properly. **DO NOT use the ice bath if either RCD does not trip properly during testing or repeatedly trips during normal operation**. In this situation, immediately unplug the unit and contact a qualified electrician or Winthera customer support.

No Extension Cords or Overloading:

Always plug the ice bath directly into a dedicated wall outlet. Do not use extension leads, power strips, or plug other high-wattage appliances into the same circuit. The chiller is a high-power device; overloading a circuit can cause overheating or fire risk. If a long reach is needed, have a licensed electrician install a proper outlet closer to the unit rather than using an extension cable on all sides of the unit for air circulation, and about 110 cm (43 inches) clearance on at least one side to access the control panel, chiller, and for maintenance. The chiller exhausts warm air—adequate ventilation prevents overheating. Do not cover or block the air intake or outlet vents at any time.

Keep Electrical Components Dry:

The control box and chiller unit are **not waterproof**. **Never immerse the chiller or any electrical part in water**. Do not spray the unit with water or hose it down. When cleaning or filling, avoid splashing water onto the control panel or into ventilation openings. **Never touch the power plug or controls with wet hands**. If water does get inside the electrical components, **disconnect power immediately** and allow the unit to dry thoroughly.

Power Cord Safety:

Routinely **inspect the power cord** for any damage (cuts, cracks, or fraying). **Do not use the ice bath if the cord or plug is damaged**. A damaged cord can lead to electric shock or fire. Contact the manufacturer or a qualified technician for a replacement cord before using the unit. Also ensure the cord is positioned where it won't be stepped on, pinched, or tripped over.

1 - First of all

**Consult Your Doctor:**

Cold water immersion can pose risks for some individuals. **Consult your physician before using the ice bath**, especially if you have any medical conditions (such as heart disease, high or low blood pressure, diabetes, circulatory issues) or if you are on prescription medications. A doctor can advise if cold plunge therapy is safe for you.

**Know Your Limits:**

Do not overexpose yourself to extreme cold. Beginners should start with short immersion times (e.g. 1-3 minutes) and gradually increase as tolerated. Listen to your body – exit the ice bath immediately if you experience dizziness, numbness beyond normal tingling, chest pain, or feel faint.

Prolonged exposure to cold water can lead to hypothermia or other health issues. Use the ice bath in moderation and **never alone without someone nearby** in case you need assistance.

2 - Precaution

No Alcohol or Drug Influence:

Never use the ice bath while under the influence of alcohol, sedatives, or recreational drugs. Impairment can dull your sensation and judgment, increasing the risk of hypothermia or injury.

Always be fully alert and sober when immersing in cold water. If you are taking medication that affects heart rate, blood pressure, or consciousness, get medical approval before use.

Entry and Exit Caution:

Use caution when entering or exiting the tub. Surfaces will be **wet and slippery**.

To prevent slips or falls, hold onto a stable support (the tub edge or a handrail if available) when getting in or out. **Do not jump or dive into the tub** – enter slowly, feet-first.

The tub is shallow and not designed for diving; doing so could result in head injury or cause water to overflow.

Not for Children or Infants:

This product and therapy is not intended for use by children.

Do not allow anyone under 18 years old to use the ice bath unless under the strict supervision of a responsible adult and with a doctor's approval.

Children are more sensitive to cold and may not recognize danger. **Never allow children to play with or climb on the ice bath or chiller**, even when not in use.

Water Temperature:

The Winthera Ice Pro can chill water down to near freezing.

Never set the temperature below -2 °C or attempt to operate the unit with ice completely covering the water, as this can damage the system and poses an extreme risk to users.

For therapeutic cold plunges, common temperatures range from about 5–10 °C (41–50 °F). **Always double-check the set temperature** on the display before use to ensure it's within a safe range for your comfort and experience level.

Supervision Required:

Individuals with reduced physical, sensory, or mental capabilities, or those unfamiliar with cold therapy, **should only use the ice bath under direct supervision.**

An adult who is comfortable with the equipment and aware of the risks should always be present to monitor safe use.

Keep Clear of Moving Parts:

The Winthera Ice Pro has a fan and water circulation system. **Keep your body parts, hair, and loose clothing away from the fan blades and water intake/outlet openings.**

The fan is typically guarded by a grille – do not remove this cover. If you have long hair, tie it up to prevent it from getting drawn toward the water inlet or fan. **Never insert objects** into any vents or openings of the chiller.

These precautions will prevent injury and ensure the equipment functions correctly.

Use Common Sense:

Always exercise caution and **use the product as intended.** Do not attempt to stand on the edges of the tub or on the cover.

Do not sit or lean on the chiller unit. Treat the ice bath like any appliance and piece of fitness equipment – with respect for its capabilities and awareness of your own limits.

If something seems wrong (unusual noises, burning smell, etc.), stop using the device and disconnect it from power. **Safety is the top priority – when in doubt, stop and seek guidance.**

3 - Step by step

1- Before Use:

Although the Winthera Ice Pro is certified to meet European safety standards and is safe to use while powered on, we recommend turning the unit **into Standby Mode (press OFF button for 3 seconds) or completely OFF** by unplugging it from the electrical outlet before entering the bath. This is particular important in the ice-making mode (2 degrees or lower) to avoid skin damage by contact with the wall.

During ice-making mode the ice is constantly growing and skin damage might occur. By going into standby mode or unplugging the unit, the ice-making process is stopped and it is safe to sit in the bath.

This additional step offers maximum protection and peace of mind by eliminating any risk of electrical faults or unexpected issues during use. Even though our products are tested and certified for safe operation, unplugging the unit during use is a recommended precaution. After your session, the unit can be safely plugged in and restarted once you have exited the bath.

2- During Use:

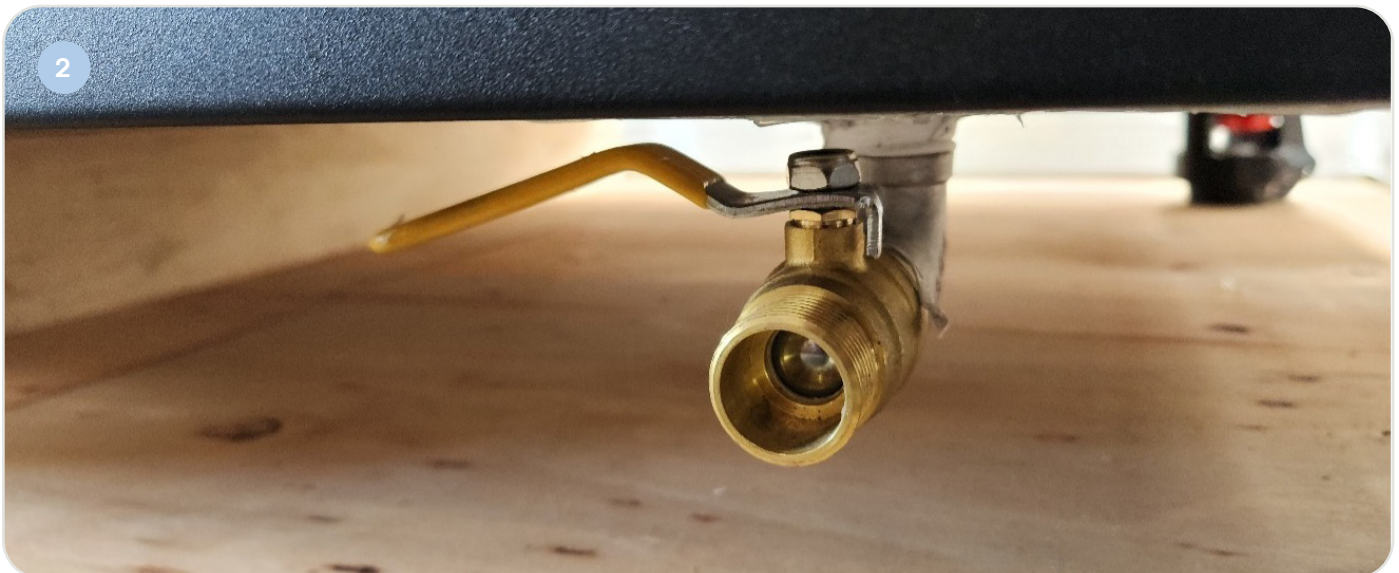
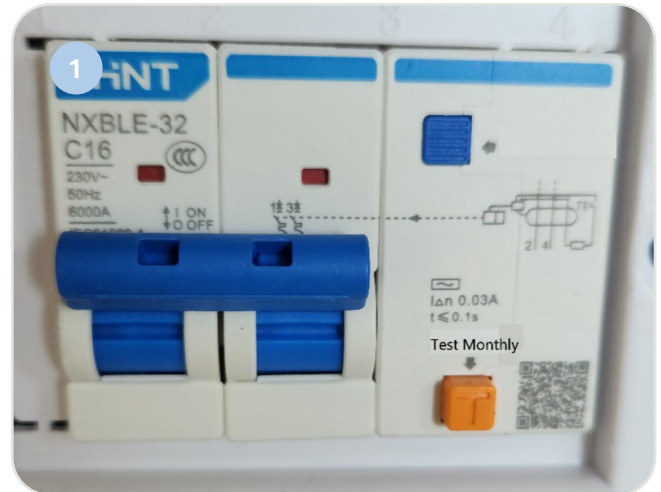
Do not put your head underwater while using the ice bath. Sudden immersion of the head in very cold water can cause cold shock response or fainting. Keep your head above water at all times.

Additionally, avoid splashing water towards the chiller unit or control panel (they should stay dry as mentioned in Electrical Safety). If multiple people use the tub in succession, make sure the water remains clean and cold, and that each user is aware of the safety guidelines.

3- After Use:

When your session is finished, carefully exit the tub and **dry od to warm up gradually**. It's a good idea to have warm clothes or a towel ready.

Always secure the insulated cover over the tub after use. This is for both safety and efficiency – it prevents accidental falls into the water, keeps children/pets out, and helps maintain the water temperature by insulating it from the surrounding air.



Follow these steps to set up and operate your Winthera Ice Pro Ice Bath for the first time (after you have placed it in a suitable location as described above):

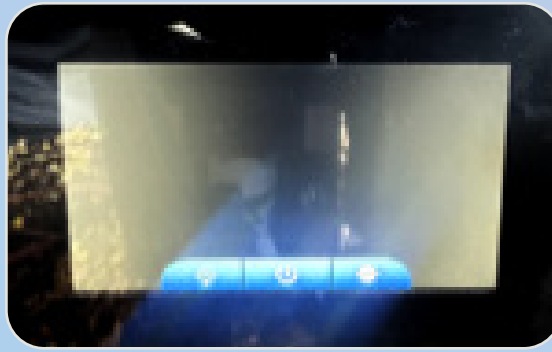
1. **Check Internal Breaker:** Before filling the tub, **ensure the unit's main breaker switch is ON.** To access it, press the two release tabs and remove the filter panel on the side of the chiller unit. Verify the breaker is in the **"ON" (up) position**, then replace the panel securely. (This breaker may be switched off during shipping for safety.)
2. **Close the Drain Valve (3/4" size):** Locate the drain valve at the bottom of the tub (inside, at the lowest point). Make sure this

valve is **closed tightly** so that water will not leak out when you fill the tub.

3. **Fill the Tub with Water:** Using a garden hose or buckets, **fill the ice bath with clean water** up to the recommended fill line (or about 10-15 cm below the top rim to allow for displacement when you get in). For fastest chilling, start with the coldest tap water available. (Using cold water will shorten the time required to reach therapy temperature.)

Note: Do not add ice directly into the tub; the built-in chiller will cool the water for you. Adding a large volume of ice can confuse the temperature sensors and is not necessary for normal operation.

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4. **Power On the Unit:** Plug the power cord into a **properly grounded 230 V AC outlet with RCD protection** (as described in Electrical Safety). Make sure your hands are dry when plugging in. Once plugged in, the control panel display on the unit will illuminate. It may show a standby status or the current water temperature.
5. **Activate Cooling Mode:** If the unit is in standby (idle) mode, **turn it on** by pressing the Power button on the control panel. **Press and hold the power button for 3 seconds** to switch from standby to active cooling mode. You should see the system power up and begin running the chiller (you may hear the fan/compressor start).

The display will typically show the current water temperature and the set target temperature.

6. **Set Desired Temperature:** Use the temperature adjustment buttons (**▲ Up** and **▼ Down** arrows on the control panel) **to select your desired water temperature.** The chosen set temperature will be displayed. For example, you might set it to **10 °C** for a mild cold or **5 °C** for a very cold plunge. The current actual water temperature will also be shown on the display, updating as the water cools.

7. **Cooling Process:** Once turned on and set, **the blue cooling indicator (snowflake icon)** on the display will light up, indicating the chiller is actively cooling the water. **The water will gradually cool down** to the set temperature. Be patient – cooling several hundred liters of water can take some time, especially on the first fill. **Expect about 6–12 hours** to initially chill the water from room temperature down to near freezing (~5 °C or 41 °F), depending on the volume and starting temperature.
 - To help the water cool faster, **keep the insulated lid on** the tub while it's chilling (when you are not physically in the water). This traps the cold and prevents warm air from raising the water temperature. Good ventilation around the chiller (as mentioned in Installation) also improves efficiency.
 - The display will show the dropping temperature. You'll also notice the unit cycling on and off as it nears the target – this is normal.
8. **Auto Temperature Control:** The Winthera Ice Pro is designed to maintain your set temperature automatically. When the water **reaches the set temperature**, the chiller will **stop cooling** (the snowflake icon may turn off). The unit then enters an **Eco mode**, where it monitors the water temperature and **only turns back on when the water warms up by about 3 °C** above your setpoint. This energy-saving feature prevents continuous running and prolongs the chiller's life. You may hear the compressor cycle on and off periodically to hold the temperature steady.
9. **Ready to Use:** Once the water is at your desired temperature, **the ice bath is ready for use**. Remove the cover and carefully enter the tub (see Entry and Exit Caution in the safety section). Immerse yourself to your comfort level and enjoy the cold therapy benefits! Typically, users will sit in the tub so that the water comes up to chest level. You can gently circulate the water with your limbs to feel an even cooling. Remember to breathe calmly as you acclimate to the cold.
10. **After Your Session:** When you are done, replace the insulated lid on the tub to conserve the cold water for the next use and ideally activate the **sanitation** for 15 minutes. You can leave the unit powered on to maintain the temperature for your next session – the chiller will continue to cycle as needed. If you prefer, you can also **turn the unit off** by pressing and holding the Power button (3 seconds to switch to standby, then unplug if not in use for an extended period). **Never leave the ice bath running for long periods unattended** without checking on it, and always ensure the cover is on when not actively in use. If you won't use the tub for more than a few days, consider draining the water (see Maintenance) to refresh it later, or keep the system running at low temperature to inhibit bacterial growth.



Power ON/OFF:

Press and hold for three seconds to switch between standby and active cooling mode.



Temperature Adjustment:

Press to set your preferred water temperature. Settings are memorized automatically.



Cooling Indicator:

- ON: Cooling process is active (Blue snowflake icon illuminated).
- OFF: Target temperature reached; cooling paused.
- Flashing: Cooling preparing to restart.



Automatic Defrost Indicator («Auto Defrost»)

When the unit is set to ice-making temperatures (-2°C to 2°C.), automatic defrosting occurs regularly to remove ice buildup from the walls.

- Indicator ON: Active defrosting
- Indicator OFF: Defrosting completed.
- Flashing: Temporary lock or safety mode active.



Manual Defrost:

Press and hold for six seconds to manually activate or deactivate defrost mode. Manual defrost can only be activated when temperature is set to 2°C or lower.

Important:

During the ice-making process (which happens at -2°C or lower), the sanitation does not work. This is in order to protect the pump, because the water inlet may freeze over. Once defrosting starts, the sanitation will become active again and can also be manually activated.



UV/Ozone Disinfection:

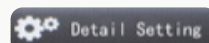
The plunge features automatic filtration during each cooling cycle, but additional UV/Ozone disinfection can be manually activated for extra sanitization. This is especially recommended after each use.

Press to activate disinfection; the indicator will illuminate. The pump will activate to circulate the water through the UV disinfection and the 2 filters and it will eject OffONE into the water. Press again to deactivate disinfection; the indicator turns off. If you don't turn it off manually, the disinfection process stops automatically after 15 minutes. The system will also automatically do 15 minutes of disinfection after each cooling cycle.



Lighting Control:

Press to toggle lighting on or off. The selected lighting setting will be memorized even after turning the unit off.



Parameter Adjustment («Detail Setting»):

Press to access detailed parameters. Adjust with «+» or «-» and confirm changes by pressing Confirm.

Ice-Making Recommendation:

The Ice-making mode is active from -2°C to 2°C. For optimal ice production, preset the temperature to approximately -2°C to 0 °C, depending on the thickness of ice that is desired. If ice production is not required, set the temperature to 3°C (39°F) or higher. **IMPORTANT:** Do not change detailed parameters without specific necessity. Contact Winthera Customer Support if you are uncertain.

Proper maintenance will keep your ice bath clean and running efficiently. Always disconnect power before maintenance (as noted in Electrical Safety). Below are key maintenance tasks and guidelines:

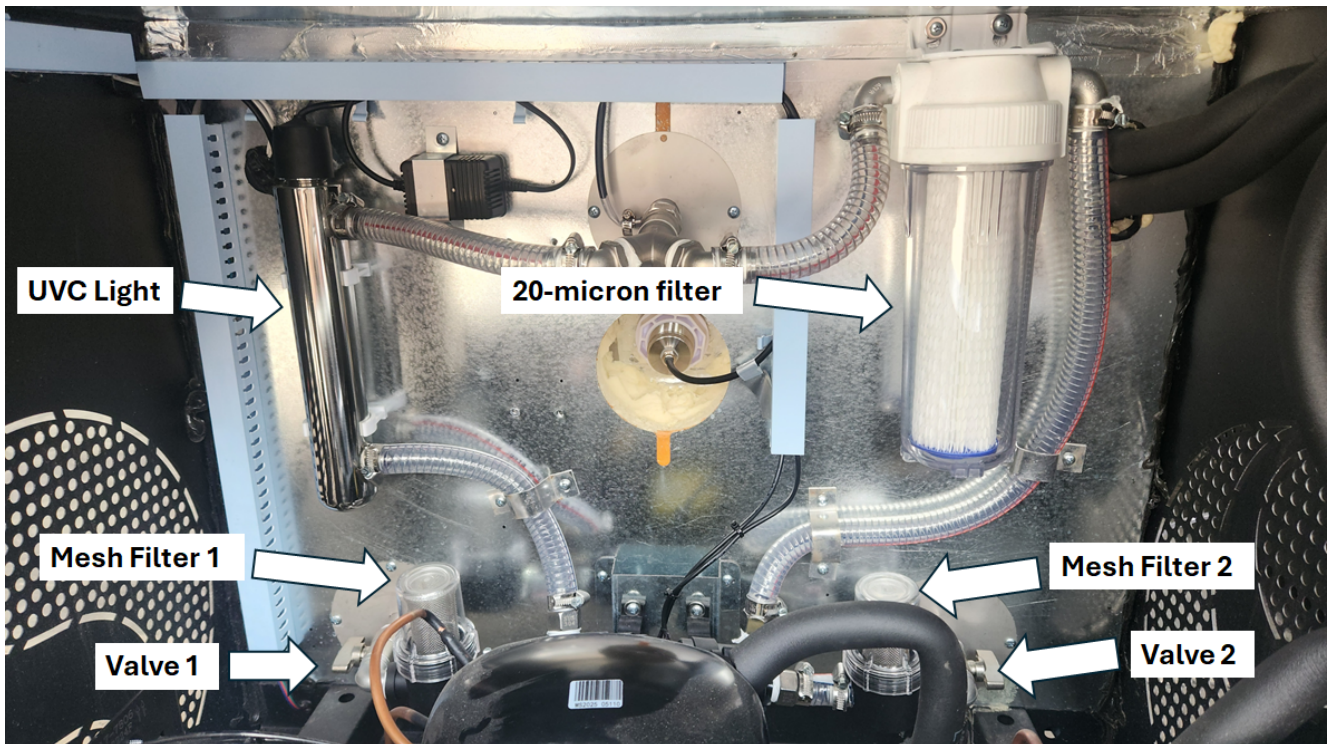
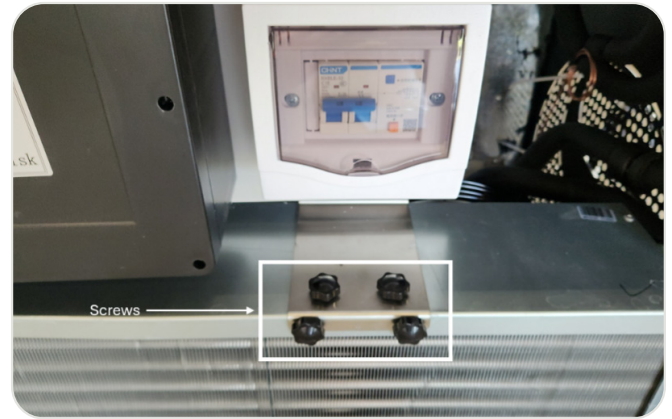
Regular Water Replacement:

Drain and refill the water regularly to maintain hygiene. We recommend changing the water at least weekly if using daily, or anytime the water becomes dirty. Frequent water changes prevent bacteria or algae growth, especially if the tub is kept at higher temperatures occasionally. Tip: For easy draining, attach a garden hose to the bottom drain valve to direct water to a suitable drain. Open the valve and allow the tub to empty completely, then close it before refilling. Remember to turn off and unplug the unit before draining to avoid the chiller running without water circulation.



Sanitization:

At cold temperatures (below ~10 °C / 50 °F), microbial growth slows significantly, so chemical use is less critical, but it can still be beneficial if the same water is kept for many days. Always shower or at least rinse off before using the ice bath to keep the water clean longer. We recommend using AquaExcellent Ice Bath Conditioner and Ice Bath Cleaner.



Filter Maintenance:

The Winthera Ice Pro is equipped with a filtration system (One primary 10-micron paper filter and a secondary “hair filter” to catch debris). Replace the 10-micron paper filter regularly and clean the “hair filter”. We suggest inspecting the filter every week. To clean, first ensure the unit is off, then remove the access panel (by pressing in the two switches near the top and lifting out and up). Remove the 4 screws that fix the electrical panel in place.

Close the two red valves to stop the flow of water and put a towel or something similar below the two filters in case some water drops down.

Take out the paper filter cartridge by turning the filter housing counterclockwise. Take the filter housing out and remove the old filter. Place the new filter in the filter housing and secure the filter housing back in place. Besides the replaceable paper filter, there is also a metal filter for hair and other bigger debris. Rinse it with clean water to remove hair, dirt, and debris. If the filter is heavily soiled or damaged, replace it with a new one as per the manufacturer’s guidance. A clean filter ensures proper water flow and cooling efficiency. After both filters are back in place, turn the two valves back on. Place the electrical panel back in its original position and apply the screws. Always secure the filter housing and panel back in place before restarting the unit.

Filter Maintenance:

Surface Cleaning: Wipe down the interior of the tub and the outer surfaces periodically with a soft cloth and mild soap solution. This keeps the tub sanitary and presentable. Do not use abrasive cleaners or solvents on the tub or control panel, as they can scratch or damage the surfaces. For the chiller unit's exterior, a damp cloth can remove dust — just be sure no water enters the vents.

Ventilation Areas:

Keep the air vents and fan area clean. Check the chiller's air inlet and outlet (grilles) for dust, leaves, or obstructions, especially if the unit is outdoors. Make sure nothing is blocking the airflow. You can use a vacuum with a brush attachment to gently clean the vent openings with the power off. Proper airflow is necessary for efficient cooling and to prevent overheating.

Condensation Management:

It is normal for some condensation to form on the chiller or plumbing, especially in humid weather or when cooling very cold. The Ice Pro has a condensation drip outlet to collect excess water. Ensure this drain is clear so that condensation can exit. Place a small tray or mat to catch drips if needed. Regularly check for puddles around the base and wipe them dry. This prevents mold and protects your flooring. If a large amount of condensation is present, it may indicate high humidity – consider using a dehumidifier in the room or improving ventilation.



Winter/Freezing Weather:

If you are in an area where temperatures drop below 0 °C, we recommend to drain the unit and stop usage. Ice expansion can severely damage the chiller and plumbing. If you won't use the unit in winter, drain all water and remove the plug from the outlet. It's also wise to blow out any remaining water from the hoses and filter (consult a professional for winterizing if necessary).

Before Each Use:

Do a quick safety check. Ensure the power cord is undamaged, the water is clean, the drain valve is closed, and the target temperature is properly set. Also verify that the RCD is functioning (you

can use the test button prior to getting in). Taking a moment to inspect these items will help catch any issues early.

Storage:

If you need to store or not use the ice bath for an extended period (e.g., several weeks or months), drain all water and dry the tub thoroughly to prevent mold or mildew. Store it in a sheltered location. When putting it back into service, remember the earlier note: if it was stored or transported on its side, let it sit upright 24 hours before powering on.

By following these maintenance steps, your Winthera Ice Pro will remain safe and reliable for a long time.



Our products are not intended to diagnose, treat, cure, or prevent any disease. Our products are low-risk, draft released January 20, 2015.

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